



**The Counseling & Social Work Superstore**

## **"Assessment for Couples Conflict - Using the N.C.C.Q."**

This .pdf document contains the course materials you must read. Simply keep scrolling down and read every page. To receive CEU credit after reading this file, please follow the directions at the end of the course.

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# ASSESSMENT OF COUPLES CONFLICT

## 1.5 CEU Credit Hours

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### **Course Description:**

It often takes a while to get through the emotions and on to the real issues at play when relationships are in turmoil. This course offers a unique assessment approach which quickly pinpoints key areas of discord. Useful for both partners and individuals seeking help.

### **Course Objectives:**

At the conclusion of this course the professional will be able to:

1. Assess the potential for differences in what one partner really thinks, verses what the other partner assumes they think.
2. Understand how these differences can affect both the relationship and the therapeutic resolution process.
3. Create interventions designed to help clients develop mutual starting points for change.

### **Purpose of this course:**

The purpose of this CEU course is to provide discussion of assessment issues relevant to the mental health counselor when working with couples or individuals presenting with relationship difficulties.

### **Course Outline:**

Part 1: Course organization, Documentation and Introduction.

Part 2: Reading of the course materials (this document).

Part 3: Administration and Completion of the Evaluation of Learning Quiz.

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### **1.5 CE Credits/Clock Hours**



Your instructor is **Richard K. Nongard**,  
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The **NCCQ: Nongard Couple's Conflict Questionnaire** used in this course is available for purchase as an assessment tool to use with your clients. The purchase price includes a License to Copy Agreement, which will allow you to reproduce the client forms again and again, without having to reorder forms or violate copyright laws.

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# ASSESSMENT OF COUPLES CONFLICT

## INTRODUCTION

Cutting to the chase in individual counseling can sometimes take several hours. With couples, getting to the heart of the real problems at hand can take even longer - especially when both partners are not on the same page about exactly what the real problems are.

The NCCQ is an assessment/intake/initial interview tool designed to help clinicians save time, gather a great amount of valid client data at once, and pinpoint potential key areas to resolve - in about 30 minutes.

We want you to have this information because we feel it can be very useful to you and of great benefit to your clients in your professional practice. Our goal is always to provide you with quality and practical continuing education courses that offer content you can actually use in your daily work.

In this CEU course, the NCCQ questions are interspersed throughout the manual and are printed in reverse black and white, unlike the version you would purchase. We have utilized this format in this course in order to provide you with the information while also hopefully discouraging you from engaging in copyright violations.

We're educators, but we're business people too, and we hope that you're so impressed with the content and functionality of the NCCQ that you decide to buy it so you can copy and use it legally.

But even if you never actually use the NCCQ with clients, the developmental ideas behind the tool should be quite helpful when working with both individuals and couples presenting with relationship difficulties.

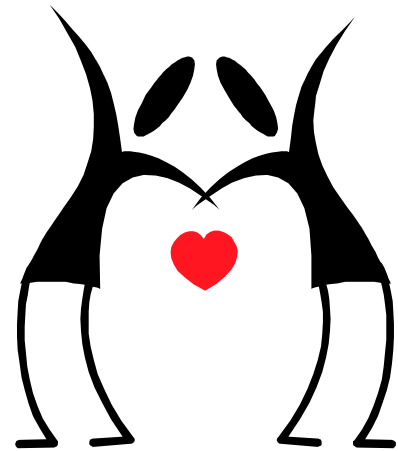
We always appreciate your feedback and encourage you to fill in the "Additional Comments" section off the Grade This Course evaluation.

Enjoy!

Paula Duncan Nongard, MA/CCH

Richard K. Nongard, MA, LMFT, CCH, CPFT

# The NCCQ



## Nongard Couple's Conflict Questionnaire



### Questionnaire and Use Manual

*from*  
Paula Duncan Nongard, MA  
PeachTree Professional Education, Inc.

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# NCCQ

## Nongard Couple's Conflict Questionnaire

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### ABOUT The NCCQ

THIS questionnaire was designed to be resource for counselors to quickly and easily assess the primary areas of conflict between couples.

ONCE completed, the NCCQ should help present a clear picture to both the professional and the client(s) of the areas of concern that may need to be addressed.

### DESIGNED FOR USE IN BOTH COUPLE'S AND INDIVIDUAL COUNSELING SETTINGS

*THE NCCQ is designed to be an effective tool for both couple's (married or dating, heterosexual or homosexual), and for individuals who have sought out treatment for themselves independent of their 'significant other', for whatever reason.*

BY design, the NCCQ can be easily and effectively used in both individual or couple's counseling settings, because:

- A) EACH person completes the questionnaire individually and privately
- B) IT asks for each client's perception of their *own* feelings and ideas about their relationship,
- C) AND it also asks for each client's *perception* of their *partner's* feelings and ideas concerning their relationship.

THE results for each category of 'perceptions' are conveniently displayed side by side, for personal introspection and quick, simple therapeutic evaluation.

IN couple's counseling settings, the obvious advantage to this design is that one partner's perceptions of *both* sides of the relationship can be weighed against the other partner's perceptions, thus quickly displaying both areas of *congruency and contradiction* regarding their perceived relationship difficulties.

THE discovery of these matching and/or varying areas can often offer starting points for therapeutic interventions within the relationship.

IN individual counseling settings the NCCQ is useful, as again, the client's perceptions of their own *and* their perceived significant other's ideas and feelings concerning their relationship are displayed side by side.

WHILE of course in this setting there may be no way to validate the assumed responses of the other partner, this can still be quite useful, as it offers therapeutic starting points, and as it is often the client's *perception, valid or not*, of the main presenting concerns about themselves and their partner that have brought them into therapy.

WE see the usefulness of reporting and evaluating 'perceptions' in couple's counseling as a tool to cut through the often difficult and distracting emotions and get to the heart of the matters at hand.

FOR example, one partner may be upset and perceive their Significant Other as "not loving them any more", because they are "ignoring" them at night. In actuality, the SO may simply be overly tired from working too many late hours trying to get ahead and provide nice things for their family that they love.

THROUGH counseling interview sessions alone, it could take several hours to work through the intense emotions of hurt, betrayal, resentment and so on, before the real issues and their sources come to the surface.

WITH appropriate techniques, the kind of reporting and analysis that the NCCQ provides can also easily and effectively be carried over and adapted into individual counseling settings.

## SELF-REPORT FORMAT

*THE format of the NCCQ is "self-report", and asks individuals to respond to statements or answer questions about themselves from sixteen different sections, each covering separate areas of real life, from emotions to work to alcohol and drug dependency, etc., as they may relate to their relationship, and also asks them to consider and essentially "guess" how their partner might respond to the same questions and statements.*

USED as an Intake Evaluation, this format also aids in encouraging client honesty, as it can provide the client with an initial 'safe' avenue to independently and 'privately' respond honestly to questions about their relationship, without going through the potential initial difficulties of responding honestly about such things in front of their significant other.

EVALUATION of this unique format is useful not only for providing obvious simple and swift clarification of the couple's presenting problems, but also for assisting in those occasional dramatic or profound "client revelations", i.e. *"Gee, I thought we were having problems because of my work... I didn't realize you were upset about your family moving to another state!"*

## ADMINISTRATION of the NCCQ

*THE NCCQ generally takes between 20 and 40 minutes to administer, depending on the compliance and introspective honesty of the client. It should be completed individually, and not reviewed or discussed with the other partner, until a therapeutic setting has been established.*

For these reasons, the counselor may choose to consider on a case by case basis the potential scope of each couple's initial contact or prior sessions with the counselor, (reported presenting problems, such as by initial phone call, or session revelations, etc.), and then determine whether to administer the questionnaire to both parties at the same time in the waiting room or the counselor's office, or if the couple should be completely separated during the administration, or if in some cases it could be mailed to the client(s), and completed at home and then brought in to a session.

For most practical administration and to achieve greater honesty in client reporting, physically separating the parties by rooms, or having an un-biased witness in the background (counselor, secretary) during the administration if separation is not feasible, is felt to work best.

## EVALUATION AND INTERPRETATION OF THE NCCQ

A QUICK glance at the format and content should give the counselor an idea of what the client's reported results will reveal. However, the following outline will discuss each of the 16 NCCQ sections in detail, offering some evaluation and interpretation ideas and uses.

### **1/GEN                      General Conflict**

This first section contains eight 'surface' statements (or complaints) that individuals may generally make or relate to when discussing the conflict they are experiencing with their significant other.

While not overly revealing as far as 'real problems' or causes for conflict are concerned, this section can sometimes offer the counselor an initial 'feel' for the client's feelings regarding their relationship.

More importantly, however, this section is designed as an 'ice-breaker'. It subtly sets the tone for the remaining NCCQ sections, and so is intended to be a gentle 'warm-up' for the client, acclimating them to the idea of responding freely and honestly to the following statements and questions concerning their perceptions and their significant other's perceptions of their relationship.

<b>YOU / SO</b>		<b>1/GEN</b>
_____	_____	I feel we don't spend enough time together alone.
_____	_____	I feel we don't spend enough time together with our child(ren).
_____	_____	I feel neglected or rejected by my SO.
_____	_____	I wish I could have more time to myself.
_____	_____	I wish we were more romantic.
_____	_____	I wish we had more interests in common.
_____	_____	I feel our relationship is just a show for others.
_____	_____	I wish my SO helped out more with child(ren) / income / children / emotional support.

SAMPLE ONLY!!

### **2/COM                      Communication Concerns**

This section contains 14 statements concerning the client's feelings regarding the perceived communication conflicts within their relationship. Helpful for assessing the couple's communication patterns as a point of potential discussion or intervention, this section is designed to open up the client and give them a 'voice' throughout the rest of the questionnaire that they may not feel they have in the relationship.

As has been stated thousands of times in relation to couple's problems, "Communication is the Key" to resolution. Problems must be identified, usually by talking about them, then action must be taken to make necessary changes. But if the couple cannot effectively communicate their feelings, wants and needs, the problems may never come to light in a healthy way, and the appropriate action plans may never be developed.

Many of the statements in the NCCQ are 'vague' as far as the 'motive' behind them. One client could mark a statement for reasons completely different from the next client. Every question that is marked should be discussed completely with each client, so there is clear understanding of the specific reasoning for marking it.

Many people often feel that their partner does not listen to them enough or respect what they have to say. To an extent, this is normal ego/dependency at play, and is to be expected on occasion. This concept

should be studied on a case by case basis however, and considered with the other marked responses to determine if this is 'typical' relationship commentary, or if there is an underlying feeling of verbal or emotional abuse from one partner.

Take Statement 1 from this section for example: "I wish I could tell my SO how I really feel". Marking this statement could mean a variety of things, from the client feels afraid of retaliation, or embarrassment over the content of their thoughts, to the client simply not knowing how to verbalize their thoughts, even the good ones.

Therefore, these sections will provide a healthy jumping off point for discussion in counseling sessions, but caution and organized evaluation should be taken so that conclusions are not jumped to, by either the counselor, or the significant other.

2/COM	
YOU / SO	
_____	I wish I could tell my SO how I really feel.
_____	I wish my SO didn't talk so mean to me.
_____	I feel I have to watch what I say to my SO.
_____	I wish my SO could read my mind.
_____	I wish my SO would really listen to me more.
_____	I wish my SO respected my thoughts and feelings.
_____	I wish we discussed things without fighting.
_____	I wish I could find a better way to express myself.
_____	I am afraid to disagree with my SO.
_____	I have a hard time controlling my emotions.
_____	I sometimes get physical when we argue.
_____	I feel overly criticized by my SO.
_____	I tend to walk away when we argue.
_____	I feel my SO has expectations of me that are too high.

### 3/FAF Friends and Family

This 7 Statement section is designed to give the counselor an idea of the social supports potentially available to the clients, as well as offering insight into how close-knit or openly structured the couple functions.

Individuals and couples may not discuss their personal problems with friends and family for a variety of reasons... They may not have close relations with their extended family. They may simply feel that private affairs are not to be discussed publicly, which may come from personality or upbringing. They may think that their problems are more 'irresponsible', 'sensational' or 'out of the bell curve' than other people's problems, and do not wish to be judged, humiliated, ridiculed or embarrassed. They may feel simply that no one else could even relate or understand, and therefore could not offer advice or comfort. They may fear retaliation from their partner for sharing their problems with outsiders.

Discovering the reasoning for a client not sharing troubles with others can be helpful in many ways. For couples who don't talk because they think their problems are too 'weird' or 'different', letting them know that they are not alone or too freaky can often be a relief. Those who don't have many friends or close relationships might be encouraged to seek out social activities, simply for fun and relaxation with others. In situations where it appears that one partner is afraid of the other's reaction, the counselor may want to explore issues of power and control, and evaluate for more extreme potential problems within the relationship.

**3/FAF**

**YOU / SO**

\_\_\_\_\_ I don't tell my friends or family much or anything about our problems.

\_\_\_\_\_ I don't see my friends or family very often.

\_\_\_\_\_ I think my SO's friends and family are too involved in our relationship matters.

\_\_\_\_\_ I talk openly about many of our problems with friends and family.

\_\_\_\_\_ I lie to my friends and family about our problems to cover them up.

\_\_\_\_\_ I very rarely or never socialize with friends and family without my SO.

\_\_\_\_\_ I am embarrassed to have my SO around my friends and family.

**SAMPLE ONLY!!**

**4/EMO Emotional Experiences**

This section contains a list of 21 Emotions, and asks the client to mark whether they Sometimes or Often feel each one in relation to their Significant Other, thus providing a general 'emotional relationship theme'.

Emotions can change minute by minute as situations and life events occur, and it is normal for people to experience the full range of emotions, from happy to sad to even mad, at different points for different reasons. This is why the question is stated as "sometimes" or "often", and the option to not mark anything at all for the emotions is not given, although some clients may leave a few unmarked.

Some clients have a difficult time identifying specific emotions. When you ask them "how they feel" they may really have to think about it and sort through a few adjectives to come up with an answer. This section may potentially be more difficult for them, but it may also be helpful and a point of insight when they see what they have finally chosen in black and white.

For those couples where one partner is often more emotionally reserved or less expressive, this section may serve as an eye-opener for the other partner who has perhaps been kept in the dark.

This section may also serve as a voice for those who feel 'afraid' to share their feelings with their partner. This fear could be for various reasons, which should be explored and discussed in a safe, healthy counseling session.

Depending on the individual couple and the other issues they present with, it might be an option to evaluate each emotion one by one, discussing specific relationship situations or events where each partner felt each emotion. This may be of valuable therapeutic consequence concerning emotions such as Jealousy, Fear, Shame, Hurt or Guilt.

**4/EMO**

_____ (S) _____ (O) Angry	_____ (S) _____ (O) Mischievous	_____ (S) _____ (O) Jealous
_____ (S) _____ (O) Joyful	_____ (S) _____ (O) Excited	_____ (S) _____ (O) Proud
_____ (S) _____ (O) Fearful	_____ (S) _____ (O) Shy	_____ (S) _____ (O) Anxious
_____ (S) _____ (O) Cheerful	_____ (S) _____ (O) Lonely	_____ (S) _____ (O) Happy
_____ (S) _____ (O) Sad	_____ (S) _____ (O) Hurt	_____ (S) _____ (O) Miserable
_____ (S) _____ (O) Embarrassed	_____ (S) _____ (O) Depressed	_____ (S) _____ (O) Feisty
_____ (S) _____ (O) Shameful	_____ (S) _____ (O) Guilty	_____ (S) _____ (O) Scared

**SAMPLE ONLY!!**

## 5/SAI Sex and Intimacy

This section contains 13 Statements concerning the couple's intimacy practice and the health and happiness of their sexual relationship.

Each individual has their own personal philosophy and motivation concerning sex, just as with anything else. With most things in a relationship, there's a lot to be said for having congruency and compatibility, and this is especially important when it comes to sexual and intimate desires.

Some people view sex as an obligation or duty to perform, not as an experience to seek personal pleasure from. Some people view sex as an escape from the stress of reality into a fantasy of blissful peace and pleasure, if only for 23 minutes. Others may have religious or background beliefs that sex is for procreation only, and never recreation. Some may view sex as an emotional, romantic bonding time. Others may use sex as an individual physical release, with very little emotion involved on the surface, other than perhaps blind lust and passion. Some may believe that daring to try anything other than the "missionary" position, engaging in oral sex, or using any kind of 'marital aid' is either amoral, scary, embarrassing, pointless, or too 'kinky' to fathom. Other people may think that 7 positions a session and oral sex driving down the highway is totally normal, and that they would really like to experiment with other more 'heavy' scenarios, such as bondage, fantasy role-playing, or even threesomes or orgies.

The problem arises when you are treating a couple, and each partner has very different views from the other. If both partners are happy with sex only once a month, or both are ecstatic to masturbate together to a pornographic movie, then more power to them. However, if one partner is more or less into something than the other, the trouble has only just begun, especially if they are unable to have healthy discussions about their sexual feelings, wants and desires.

Sexual issues spill farther over into 'everyday life' than most couples recognize or will admit. But face it, sex is a very large part of most relationships. Little else can put a smile on your face all day long, even when the bill collectors call, like a magnificent orgasm can. If your sex life is not satisfactory and the communication skills are not there to work things out, the feelings of resentment, guilt, shame, frustration, hurt, rejection or embarrassment can eventually begin to spill over into 'the rest of the relationship'. Then the couple finds themselves fighting about the trash, dishes, taking kids to ball games and television shows... simply because they are unable to fight about (discuss) their sexual needs. They may not even consciously realize what they are doing and the destruction they are causing to their relationship. Sex and money are very similar in this way : solve the sex or money problem, and the rest of the problems quite often disappear and take care of themselves.

Other times though the situation is reversed, where sex is not the initial problem, but difficulties within other areas of the relationship will then spill over and cause problems with sex and intimacy. If the couple can't hardly stand to be in the same room together without starting World War III, or if they are totally stressed out from some disaster or another, or if they are too fatigued from working too hard for so long, then chances are fairly good they won't be setting off any orgasmic firecrackers in the bedroom later that night. (And if this goes on long enough, the cycle continues to enhance emotional stress and the couple's other areas of conflict will eventually increase simply from the lack of satisfying sexual activity, as was described above.)

The point is to evaluate the responses in this section carefully, and attempt to determine if the true relationship problems stem more from sexual issues, or if the sexual problems identified are simply the overflow result of the inability to resolve other unrelated relationship difficulties.

YOU / SO	5/SAI
_____	I wish my SO would just hold my hand, or touch me non-sexually more often.
_____	I wish we would have sex more often, or that it lasted longer.
_____	I wish our sex life was different.
_____	I wish we had sex less often, or that it didn't last as long.
_____	I make up excuses to avoid sex.
_____	I sometimes or often feel dissatisfied after we have sex.
_____	I feel sexually inadequate.
_____	I feel rejected if my SO does not want to have sex when I do, or the way I do.
_____	I get mad if my SO does not want to have sex when I do, or the way I do.
_____	I masturbate if my SO does not want to have sex when I do, or the way I do.
_____	I feel embarrassed or angered by my SO's sexual requests.
_____	I feel embarrassed or afraid to tell my SO what I would like to experience.
_____	I have cheated on my SO when I was mad, dissatisfied, or wanted something different sexually.

**SAMPLE ONLY!!**

## 6/PAC POWER AND CONTROL ISSUES

This section contains 14 Statements concerning issues of power and control that when answered honestly, have the potential to reflect physical, emotional or sexual abuse within the relationship.

This is *not* to say that if a client checks any or even all of the statements in this section that as a counselor you should begin implementing 'safe house action plans'. Depending on the statements marked here, and depending on the responses gleaned from the rest of the NCCQ and interviews with both partners, one may or may not see the need for interventions (minor or substantial) related to the power and control structure of the relationship.

Because a partner hides money or doesn't tell all the details of sneaking away for lunch with their best friend does not automatically make them an abuser or the victim of abuse. There could be other more valid and acceptable reasons for marking these kinds of behavior statements. Everyone is entitled to a little 'private life' and 'personal security', even apart from their partner.

Also beware of the client who decides to start a little fire by intentionally marking statements that are untrue, simply to make their partner look very bad (perhaps for evidence later down the road in divorce court) or to get them in trouble with the law. This practice is really not that common in the counseling setting, at least when compared to the false allegations frequently made during divorce proceedings. Nevertheless, it does happen on occasion. However, with accurate assessment practice, detailed client interviews and thorough evaluation of the rest of the NCCQ, the false marking of these statements should be fairly easily determined. (And then you'll find that you have a whole bunch of other issues to work out in the counseling process....)

- ◆ *Patterns revealed indicating excessive fear, need to control or actual physical or sexual abuse should always be taken seriously, explored thoroughly, and appropriate intervention actions should be taken with care.*



**7/SOC**

**Check all of the following items that You Personally Enjoy or Might Enjoy Experiencing**

<input type="checkbox"/> I enjoy cooking	<input type="checkbox"/> I enjoy parties	<input type="checkbox"/> I enjoy hearing music
<input type="checkbox"/> I enjoy watching TV	<input type="checkbox"/> I enjoy eating out	<input type="checkbox"/> I enjoy playing music
<input type="checkbox"/> I enjoy seeing movies	<input type="checkbox"/> I enjoy museums	<input type="checkbox"/> I enjoy concerts
<input type="checkbox"/> I enjoy reading	<input type="checkbox"/> I enjoy galleries	<input type="checkbox"/> I enjoy puzzles
<input type="checkbox"/> I enjoy skiing	<input type="checkbox"/> I enjoy golf	<input type="checkbox"/> I enjoy mysteries
<input type="checkbox"/> I enjoy the lake/ocean	<input type="checkbox"/> I enjoy tennis	<input type="checkbox"/> I enjoy boating
<input type="checkbox"/> I enjoy hiking	<input type="checkbox"/> I enjoy football	<input type="checkbox"/> I enjoy dancing
<input type="checkbox"/> I enjoy fishing	<input type="checkbox"/> I enjoy soccer	<input type="checkbox"/> I enjoy long drives
<input type="checkbox"/> I enjoy bowling	<input type="checkbox"/> I enjoy basketball	<input type="checkbox"/> I enjoy camping
<input type="checkbox"/> I enjoy biking	<input type="checkbox"/> I enjoy hockey	<input type="checkbox"/> I enjoy surfing
<input type="checkbox"/> I enjoy skating	<input type="checkbox"/> I enjoy volleyball	<input type="checkbox"/> I enjoy politics
<input type="checkbox"/> I enjoy crafts	<input type="checkbox"/> I enjoy swimming	<input type="checkbox"/> I enjoy volunteering
<input type="checkbox"/> I enjoy games	<input type="checkbox"/> I enjoy children	<input type="checkbox"/> I enjoy exercising
<input type="checkbox"/> I enjoy shopping	<input type="checkbox"/> I enjoy playing games	<input type="checkbox"/> I enjoy teaching

**8/FIN FINANCES**

This section contains 8 statements concerning the couple's feelings on their personal finances.

As discussed earlier, money problems, like sex problems, can often be the root cause of difficulties within other areas of the relationship, and this should be explored and evaluated.

If the couple is constantly stressed over mis-management of money, or the simple lack of it, they are likely to eventually become edgy and not so pleasant in general. Feelings of fear, resentment, worry, blame, depression, stress, anxiety and frustration may begin to spill over and evolve into complaints about laundry, overtime hours, lunch money, music lessons and birthdays.

As with any subject, the assessment for fairness, equality and potential over-control or abuse should be evaluated with regard to a couple's finances. It is not uncommon for one spouse to have a more hands-on position over the money, meaning that they are responsible for keeping the accounts balanced and paying the bills every month. In this case, it may be natural for the other spouse to have little knowledge about the state of the finances, other than that things are okay, and the bills are being paid as they should be. It is generally not healthy however, for one spouse to intentionally restrict the other's access to financial information, to hide income or expenses, or to deny money for needed items.

**8/FIN**

**YOU / SO**

<input type="checkbox"/>	<input type="checkbox"/>	I feel financially secure.
<input type="checkbox"/>	<input type="checkbox"/>	I tend to hoard money or spend it on things I don't really need.
<input type="checkbox"/>	<input type="checkbox"/>	I feel my SO wastes money.
<input type="checkbox"/>	<input type="checkbox"/>	I have no idea where our money goes.
<input type="checkbox"/>	<input type="checkbox"/>	I worry about having enough money for bills.
<input type="checkbox"/>	<input type="checkbox"/>	I have a separate bank account from my SO.
<input type="checkbox"/>	<input type="checkbox"/>	I wish I had more control over our finances.
<input type="checkbox"/>	<input type="checkbox"/>	I don't feel I can talk about money with my SO.

**9/CHL CHILDREN**

This section contains 14 statements about the couple's feelings regarding their children. Each partner is given options to circle, such as "his" hers" and "ours" within each statement. This is because in this day and age, many households are made up of blended families, and either or both partners may have children from previous marriages, as well as children together. Consequently, there may be problems with one partner with only specific children, on either side of the relationship, and these specific difficulties need to be sorted and addressed accordingly.

It is common for partners to have a fair amount of disagreement concerning the raising and disciplining of their own children. Substantial differences of opinion however can lead to more severe problems, and should be discussed.

ANY suspicion of abuse towards any child should always and immediately be assessed and evaluated, and any appropriate actions taken as dictated per the situation.

Be AWARE however, that if the couple's tensions are extremely high, there is always the possibility for false marking in the areas of abuse, for a variety of reasons as discussed before in other sections. This again only underscores the need for clarity, and thorough professional assessment and evaluation.

**9/CHL**

**YOU / SO**

\_\_\_\_\_ I feel stressed and frustrated around his / her / our child(ren).

\_\_\_\_\_ I feel his / her / our child(ren) should know about our relationship problems.

\_\_\_\_\_ I lie to his / her / our child(ren) about our relationship problems.

\_\_\_\_\_ I protect his / her / our child(ren) from our relationship problems.

\_\_\_\_\_ I am or people have said that I am physically abusive towards his/her/our child(ren).

\_\_\_\_\_ I am or people have said that I am physically abusive towards his/her/our child(ren).

\_\_\_\_\_ I am or people have said that I am sexually abusive towards his/her/our child(ren).

\_\_\_\_\_ I disagree with my SO on disciplining his / her / our child(ren).

\_\_\_\_\_ I disagree with my SO about his / her / our child(ren)'s needs.

\_\_\_\_\_ I feel his / her / our child(ren) have too much freedom.

\_\_\_\_\_ I feel out of touch with his / her / our child(ren).

\_\_\_\_\_ I feel I neglect his / her / our child(ren).

\_\_\_\_\_ I wish he / she / we didn't have a child(ren).

\_\_\_\_\_ I wish he / she / we had a(nother) child.

**SAMPLE ONLY!!**

**10/WRK WORK (and/or SCHOOL)**

This section contains 9 statements concerning the couple's feelings regarding their employment or enrollment at school. Since jobs do affect so much of a couple's life, this is a fairly important section. If the job does not pay enough, there could be financial problems. If the job is very stressful, that stress could easily spill over into home life, and create tensions. If one SO derives much of their self-worth from their employment, their success and/or failure will likely have substantial impact on their general demeanor. If one SO is required or chooses to spend additional hours at work quite often, time is taken away from family life, and this can cause

obvious problems as well.

Each situation needs to be explored individually, and the specific reasons for each answer should be discussed and resolved as best as is possible considering all options.

**10/WRK**

**YOU / SO**

\_\_\_\_\_ I would like a different / better job.

\_\_\_\_\_ I would like to have a job / go to school.

\_\_\_\_\_ I feel my SO spends too much time at work / school.

\_\_\_\_\_ I spend too much time at work / school.

\_\_\_\_\_ I am having problems at work / school.

\_\_\_\_\_ I feel secure and significant at work / school.

\_\_\_\_\_ I stay at work / school to avoid \_\_\_\_\_.

\_\_\_\_\_ I feel jealous of my SO's career / educational success / opportunities.

\_\_\_\_\_ I wish my SO was more supportive of my career / education endeavors.

**SAMPLE ONLY!!**

**11/DAU DRUGS AND ALCOHOL**

This section contains 12 statements concerning the couple's drug and alcohol use. Around 95% of the U.S. population does drink alcohol, at least on occasion, and about 30% have at the least tried a 'drug' at one time or another. The problem arises, of course, when there is alcohol or drug abuse, or when a person's behaviors become out of line or dangerous when they drink or drug, no matter what substance, how much or how often they use.

If a partner's drug or alcohol use is causing or has a history of causing problems either within or outside of the relationship, special treatment consideration might be warranted, and appropriate assessments and referrals should be made.

**11/DAU**

**YOU / SO**

\_\_\_\_\_ I drink alcohol / use drugs frequently.

\_\_\_\_\_ I think my spouse drinks / uses drugs too much.

\_\_\_\_\_ I drink or use drugs to escape from problems /

\_\_\_\_\_ I drink or use drugs to relax.

\_\_\_\_\_ I drink alcohol / use drugs socially.

\_\_\_\_\_ I have had problems at work due to \_\_\_\_\_ / alcohol use.

\_\_\_\_\_ I have had problems at home due to \_\_\_\_\_ drug / alcohol use.

\_\_\_\_\_ I have had legal problems due to \_\_\_\_\_ drug / alcohol use.

\_\_\_\_\_ I drink / use drugs until I pass \_\_\_\_\_.

\_\_\_\_\_ I often don't remember what I do when I drink / use drugs.

\_\_\_\_\_ I embarrass others when I drink / use drugs

\_\_\_\_\_ I am embarrassed by my SO's alcohol / drug use.

**SAMPLE ONLY!!**

**12/FEL FEELINGS**

This section contains 10 statements concerning the couple's feelings about their relationship in general, providing somewhat of a future outlook on motivation and desire. Honest thought and consideration should be given to the scoring of each statement, both by the couple completing the section, and the counselor reviewing the marks. The concepts are pretty basic, but their potential use is great, for accountability, behavior influence and motivation.

This section also may be where "the truth comes out"... if one partner is really just ready for things to be over, and truly has no desire to mend the relationship.

Underlying reasons for each ranking given for each statement should be discussed, perhaps at the end of the final evaluation of the NCCQ, and future plans for resolution can be made, after clarifying the whole "big picture" of the relationship.

- *In the First Column, Assign a Number from 1 to 10 that reflects How Strongly You Agree with (or relate to) each of the following statements; (1= agree very little, 10= strongly agree)*
- *In the Second Column, Assign a Number from 1 to 10 that You Feel Your SO would choose to reflect how strongly they Agree, if they were asked to respond to each of these statements.*
- *Circle or underline any key words that you feel are symbolic of your feelings.*
- *You may use the same # more than once – each Statement is Independent.*

<b>12/FEL</b>	
<b>YOU / SO</b>	
_____	_____ I really have no idea what our real relationship problems are.
_____	_____ I think I know what our relationship problems are.
_____	_____ I think I know how to solve our relationship problems.
_____	_____ I am willing to work hard to solve our relationship problems.
_____	_____ I think our relationship is worth saving.
_____	_____ I think there is little hope for our relationship.
_____	_____ I believe that I should probably make some personal changes.
_____	_____ I am willing to make personal changes.
_____	_____ I think it would be easier for us to separate or divorce.
_____	_____ I think my SO needs to make some personal changes.

**SAMPLE ONLY!!**

**13/AAH APPEARANCE AND HEALTH**

This section contains 14 statements about the couple's ideas concerning personal appearance, and the status of their health. Medical conditions can often contribute to stress, anxiety, depression, other displaced emotions and financial difficulties, and these possibilities should be explored, especially if there are concerns or direct knowledge of life threatening or potentially contagious diseases or conditions.

Self-esteem and confidence are often tied to an individual's own perception of their appearance, and their perception of what other's think about their appearance. Weight, eating habits, skin and hair health, clothing choices and exercise routines can all contribute (both positively and negatively) to appearance and attitudes. One person's comments and behaviors towards another concerning their appearance can greatly affect their emotions and future

behaviors in a variety of ways. (For example, if you keep telling me I'm fat, and I really don't know what to do about it, I might just keep eating more and more just out of spite for your nasty comments... OR, I might take the initiative to find a weight loss program suitable for me.)

Some people don't mind being overweight, while others fret continuously, just as some don't mind their spouse being overweight, and others are appalled and frustrated to no end. Each couple and each individual will have their own opinions and values concerning each aspect of personal appearance. The important areas to address are obvious health risks, abusive remarks or behaviors, potential self-esteem and confidence builders, and general well being.

		<b>13/AAH</b>
<b>YOU / SO</b>		
_____	_____	I feel that I am over-weight / under-weight.
_____	_____	I would like to change my appearance / weight / hair / body / clothes.
_____	_____	I think my SO would like to change my appearance / weight / hair / body / clothes.
_____	_____	I am concerned what my SO thinks of my appearance / weight / hair / body/clothes.
_____	_____	I am sick with something quite often.
_____	_____	I feel exhausted a lot of the time.
_____	_____	I sometimes / often have migraine headaches.
_____	_____	I have been to a hospital / doctor in the last year.
_____	_____	I take prescription medications occasionally / daily
_____	_____	I have a chronic health condition.
_____	_____	I stay away from doctors.
_____	_____	I am HIV positive, or have another form of Infectious / Venereal Disease.
_____	_____	I wonder if I might be HIV positive, or have another form of Venereal Disease.
_____	_____	I wonder if my SO might be HIV positive, or have another form of Venereal Disease.

**SAMPLE ONLY!!**

**14/LGL                      LEGAL DIFFICULTIES**

This section contains 7 statements reflecting the couple's legal difficulties. Such problems with the law, no matter the source, can obviously contribute to emotional, financial, employment and social problems.

Legal problems relating to drug, alcohol or abuse issues should be evaluated for potential specific treatment needs. Other legal difficulties may not be able to be addressed in a "therapeutic" manner, however the couple may need intervention concerning how to handle the challenges involved, including communication techniques, stress management skills, and financial planning referrals.

**14/LGL**

**YOU / SO**

\_\_\_\_\_ I have experienced legal problems within the past year.

\_\_\_\_\_ I have been arrested within the past year.

\_\_\_\_\_ I have had legal trouble because of my drug or alcohol use.

\_\_\_\_\_ I have had legal trouble because of my abuse of my partner.

\_\_\_\_\_ I have had a DUI or a DWI.

\_\_\_\_\_ I have family problems because of legal problems.

\_\_\_\_\_ I have financial / work problems because of legal problems.

**SAMPLE ONLY!!**

**15/SAR SPIRITUALITY AND RELIGION**

This section contains 7 statements concerning the couple's thoughts on spirituality and religion. Some people have deeply personal and rigid beliefs about their personal religion, and others have little or no 'religious' beliefs at all, yet consider themselves to be 'spiritual'.

Having a personal sense of Security and Significance is vitally important for each of us, and while much of this feeling comes from our family and friends and life position, a great deal also comes from within, or from our personal spiritual and religious situation.

No matter what the couple believes and/or practices, it is usually helpful if both partners agree and believe in unison (and hopefully this is something they considered and worked out before marriage...) If this is not the case, then hopefully some level of compromise can be found where each partner feels comfortable and satisfied. Issues concerning raising children in a multi-religion household are often difficult, and should be addressed with care.

**15/SAR**

**YOU / SO**

\_\_\_\_\_ I wish I went to church / more often.

\_\_\_\_\_ I wish my SO would pray and study religion with me.

\_\_\_\_\_ I wish we could discuss religion / spirituality with each other.

\_\_\_\_\_ I feel spiritually secure and significant.

\_\_\_\_\_ I wish my SO would go to church with me.

\_\_\_\_\_ I wish my SO would convert to my religion / recognize my beliefs.

\_\_\_\_\_ I wish my SO would leave my beliefs alone.

**SAMPLE ONLY!!**

**16/DRM DREAMS AND THOUGHTS**

This section contains 6 statements about the couple's more secret dreams and desires. Though a partner might never ever consider acting on these dreams or thoughts, the fact that they have them may (or may not) be significant in terms of how they feel about their current relationship.

It is normal to have some fantasies (thoughts about situations that are not real, nor likely possible). Spending considerable amounts of time focused on the daydreams, however, or actually plotting and planning out their reality, could signal potential desperate conditions within the

relationship, and such situation should be addressed.

Also, the more time one spends focused on fantasy, the less time they spend focusing on reality, which lays ground for neglect of duties and responsibilities and potential problem resolution.

**16/DRM**

**YOU / SO**

\_\_\_\_\_ I sometimes / often think about leaving and not coming back.

\_\_\_\_\_ I sometimes / often daydream about having a relationship with someone else / a stranger.

\_\_\_\_\_ I sometimes / often think about having (another) child.

\_\_\_\_\_ I sometimes / often think about leaving or getting a divorce.

\_\_\_\_\_ I sometimes / often daydream about being single again.

\_\_\_\_\_ I sometimes / often think about being free from our relationship.

**SAMPLE ONLY!!**

<< END >>

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**THANK YOU FOR YOUR PARTICIPATION  
IN THIS COURSE**

To receive continuing education credit for this course, you must have read this entire text file.

You must also complete and return the Evaluation of Learning Quiz and pay the CEU fee. (Instructions are on the next page.)



We always appreciate constructive input from our customers - even when it's 'negative', so please feel free to fill in the "Additional Comments" section of the Grade This Course evaluation when you submit your quiz and payment.

Richard K. Nongard, LMFT, CCH, CPFT  
Executive Director

# **"Assessment of Couples Conflict"**

## **1.5 Continuing Education Clock Hours**

### **Procedures to Receive CEU Credit:**

- This document contains all of the course materials you needed to read.
- Now you must complete the required True/False Evaluation of Learning Quiz and submit it to our office along with your payment, in order to obtain your CEU certificate.

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Go back to [www.FastCEUs.com](http://www.FastCEUs.com) and click the "QUIZ & PAY" button for this course.

On the page that opens, enter your information and take the T/F Quiz.

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Print the Quiz and Payment forms on the next few pages of this document, and complete the requested information.

Our 24-hour secure Fax number is **(888)-877-6020**.

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Enter either your fax number or an Email address and we will send your CEU Certificate to the contact info you provide.

If you prefer to use a check or money order, please Mail the quiz and payment to:

**PeachTree Professional Education, Inc.  
15560 N. Frank L. Wright Blvd, #B4-118  
Scottsdale, AZ 85260**

# EVALUATION OF LEARNING QUIZ - PAGE 1 of 3

PRINT & FAX or MAIL THIS PAGE AND THE ANSWERS PAGES TO OUR OFFICE

**\* \* \* \* OR \* \* \* \***

You may complete and submit this information **ONLINE** by following this link:

<https://www.fastceus.org/index.php?extension=couples-nccq>

## **PLEASE NEATLY PRINT THE FOLLOWING INFORMATION:**

NAME as you want it on your CEU Certificate: \_\_\_\_\_

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ADDRESS for record keeping: Street: \_\_\_\_\_

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We will FAX or EMAIL your CEU Certificate (NO copy will be mailed).

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## **ASSESSMENT of COUPLES CONFLICT - USING THE N.C.C.Q.**

This **1.5** Hour CEU Course is **\$24.50**

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## EVALUATION OF LEARNING PAGE 2 of 2

### Course Title: "Assessment for Couple's Conflict"

1.5 Hours of Approved Continuing Education Credit

➡ **PLEASE ANSWER THE FOLLOWING 10 T/F EVALUATION OF LEARNING QUESTIONS.**

- T F 1.) I have read all of the required reading for this course.
- T F 2.) The NCCQ easily assess the primary areas of conflict between couples.
- T F 3.) The NCCQ is ineffective in individual therapy.
- T F 4.) The format of the NCCQ is a projective psychometric tool.
- T F 5.) The FAF section identifies potential social supports.
- T F 6.) Sexual issues spill farther over into 'everyday life' than most couples recognize or will admit.
- T F 7.) SOC contains a list of 42 recreational activities and asks each client to mark the ones they either do enjoy, or might like to try sometime.
- T F 8.) Around 70% of the U.S. population does drink alcohol, at least on occasion, and about 10% have at the least tried a 'drug' at one time or another.
- T F 9.) Problems with the law, no matter the source, can obviously contribute to emotional, financial, employment and social problems.
- T F 10.) Having a personal sense of Security and Significance is not very important for each of us.

## **GRADE THIS ONLINE COURSE! – Page 3**

*It is helpful to us if you return this form via snail mail or fax,  
along with your Quiz and Payment. Thank-you!*

### **Participant Assessment of Home Study CEU Course**

#### **ASSESSMENT FOR COUPLES CONFLICT**

#### **1.5 Credit Hours**

**Please Rate the Following Statements from 1-5  
(1 being the Lowest, 5 being the Highest.)**

- \_\_\_\_\_ 1. I found the PeachTree Online Home Study Course Instructions simple to follow.
- \_\_\_\_\_ 2. I found the PeachTree Online Home Study Course materials to be of professional quality, and easy to read.
- \_\_\_\_\_ 3. I found the PeachTree Online Home Study Course materials to be of educational value, relative, and useful to my counseling practice.
- \_\_\_\_\_ 4. I completed the 1.5 Hour PeachTree Online Home Study Course in approximately 1.5 hours.
- \_\_\_\_\_ 5. I would take another PeachTree Online Home Study Course, and/or recommend them to a co-worker.

**ADDITIONAL COMMENTS:**