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International Conference Contextual Therapy

The need for connection. Relationship challenges in today's world.

MANIJEH DANESHPOUR – keynote speaker

Enhancing couple therapy through fairness, justice and trustworthiness.

Summary:

Fairness, justice, and trustworthiness are central to Contextual Therapy, which emphasizes relational ethics, mutual care, and balance in give-and-receive dynamics (Boszormenyi-Nagy & Krasner, 1986). This plenary session explores how these principles can be integrated into therapeutic practice to address power imbalances, rebuild trust, and foster relational healing.



Fairness in relationships involves equitable contributions to emotional, financial, and practical responsibilities, ensuring that both partners feel valued. Justice focuses on acknowledging and repairing past injustices, addressing destructive entitlement that arises from unresolved relational debts (Boszormenyi-Nagy & Spark, 2014). Trustworthiness, built through consistent and ethical behaviors, strengthens emotional safety and constructive entitlement, promoting relational security (Boszormenyi-Nagy & Krasner, 1986).

This session will introduce Fairness Mapping, a structured tool based on Contextual Therapy's multidimensional approach, which helps partners assess contributions and obligations in their relationship. By identifying imbalances and fostering open discussions, couples can create a more equitable dynamic. Additional strategies, such as restorative justice dialogues and trust-building exercises, will be presented to help therapists guide partners toward mutual respect and accountability (Boszormenyi-Nagy & Ulrich, 1981).

Cultural and personal backgrounds significantly shape perceptions of fairness, justice, and trustworthiness. This session will emphasize Contextual Therapy's emphasis on intergenerational legacies and relational responsibility, ensuring that interventions are adaptive and inclusive.

Participants Will Learn To:

- Address and rectify relational imbalances through ethical considerations.
- Facilitate accountability and forgiveness in ways that promote healing.
- Strengthen trust through interventions based on relational ethics.
- By integrating these principles, therapists can create a transformative space where partners feel heard, validated, and empowered to invest in their relationship's future.

Presenter:

Manijeh Daneshpour is the systemwide Couple and Family Therapy Director and Distinguished Marriage and Family Therapy Professor at Alliant International University in California. She is a licensed marriage and family therapist with nearly three decades of academic, research, and clinical experience. Originally from Iran, she identifies as a third-wave feminist. Manijeh's research, publications, and presentations focus on gender, multiculturalism, social justice, postmodernism, third-wave feminism, and premarital and marital relationships, with contextual therapy serving as the foundation of her scholarly and clinical work.

References:

- Boszormenyi-Nagy, L., & Krasner, B. R. (1986). *Between give and take: A clinical guide to contextual therapy*. Brunner/Mazel.
- Boszormenyi-Nagy, L., & Spark, G. M. (2014). *Invisible loyalties*. Routledge. (Original work published 1973).
- Boszormenyi-Nagy, L., & Ulrich, D. N. (1981). Contextual family therapy: Therapy of loyalty and fairness. In A. S. Gurman & D. P. Kniskern (Eds.), *Handbook of family therapy* (pp. 159-186). Brunner/Mazel.