

# Clinical Handbook Of Couple Therapy

Reviewing **Clinical Handbook Of Couple Therapy**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Clinical Handbook Of Couple Therapy**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

**Handbook of Clinical Family Therapy** Jay L. Lebow 2012-07-05 The latest theory, research, and practice information for familytherapy The last twenty years have seen an explosion of new, innovative, and empirically supported therapeutic approaches for treating families. Mental health professionals working with families today apply a wide range of approaches to a variety of situations and clients using techniques based on their clinically and empirically proven effectiveness, their focus on specific individual and relational disorders, their applicability in various contexts, and their prominence in the field. In this accessible and comprehensive text, each chapter covers specific problems, the theoretical and practical elements of the treatment approach, recommended intervention strategies, special considerations, supporting research, and clinical examples. The contributors provide step-by-step guidelines for implementing the approaches described and discuss particular issues that arise in different couple, family, and cultural contexts. Handbook of Clinical Family Therapy covers treatment strategies for the most common problems encountered in family therapy, including: Domestic violence Adolescent defiance, anxiety, and depression Trauma-induced problems Stepfamily conflicts ADHD disruption Substance abuse in adults and adolescents Couple conflict and divorce Chronic illness A detailed reference for today's best treatment strategies, the Handbook of Clinical Family Therapy brings together the top practitioners and scholars to produce an innovative and user-friendly guide for clinicians and students alike.

**Attachment Processes in Couple and Family Therapy** Susan M. Johnson 2005-12-15 This practical book presents cutting-edge approaches to couple and family therapy that use attachment theory as the basis for new clinical understandings. Fresh and provocative insights are provided on the nature of interactions between adult partners and among parents and children; the role of attachment in distressed and satisfying relationships; and the ways attachment-oriented interventions can address individual problems as well as marital conflict and difficult family transitions. With contributions from leading clinicians and researchers, the volume offers both general strategies and specific techniques for helping clients build stronger, more supportive relational bonds.

**Common Factors in Couple and Family Therapy** Douglas H. Sprenkle 2009-08-10 Grounded in theory, research, and extensive clinical experience, this pragmatic book addresses critical questions of how change occurs in couple and family therapy and how to help clients achieve better results. The authors show that regardless of a clinician's orientation or favored techniques, there are particular therapist attributes, relationship variables, and other factors that make therapy--specifically, therapy with couples and families--effective. The book explains these common factors in depth and provides hands-on guidance for capitalizing on them in clinical practice and training. User-friendly features include numerous case examples and a reproducible common factors checklist.

**Emotionally Focused Couple Therapy with Trauma Survivors** Susan M. Johnson 2011-11-03 This book provides a theoretical framework and an innovative model of intervention for distressed couples whose relationships are affected by the echoes of trauma. Combining attachment theory, trauma research, and emotionally focused therapeutic techniques, Susan M. Johnson guides the clinician in modifying the interactional patterns that maintain traumatic stress and fostering positive, healing relationships among survivors and their partners. In-depth case material brings to life the process of assessment and treatment with couples coping with the impact of different kinds of trauma, including childhood abuse, serious illness, and combat experiences. The concluding chapter features valuable advice on therapist self-care.

**Clinical Handbook of Psychological Disorders, Sixth Edition** David

H. Barlow 2021-06-04 Now in a revised and expanded sixth edition, this is the leading text on evidence-based treatments for frequently encountered mental health problems. David H. Barlow has assembled preeminent experts to present their respective approaches in step-by-step detail, including extended case examples. Each chapter provides state-of-the-art information on the disorder at hand, explains the conceptual and empirical bases of intervention, and addresses the most pressing question asked by students and practitioners--"How do I do it?" Concise chapter introductions from Barlow highlight the unique features of each treatment and enhance the book's utility for teaching and training. New to This Edition \*Existing chapters thoroughly revised to incorporate the latest empirical findings and clinical practices. \*Chapter on "process-based therapy," a new third-wave approach for social anxiety. \*Chapter on transdiagnostic treatment of self-injurious thoughts and behaviors. \*Chapter on chronic pain.

**Becoming an Emotionally Focused Couple Therapist** James L. Furrow 2013-05-13 The "Workbook" which will accompany the revised second edition of "The Practice of Emotionally Focused Marital Therapy", is designed to facilitate the learning and implementation of EFT by providing explicit exercises that can be utilized by students as well as clinicians looking to increase their treatment efficacy. The inclusion of therapy session transcripts, multiple choice questions and an EFT Supervision model make this an especially attractive text for couples therapy coursework

**Handbook of Family Therapy** Mike Robbins 2004-03-01 This new Handbook of Family Therapy is the culmination of a decade of achievements within the field of family and couples therapy, emerging from and celebrating the dynamic evolution of marriage and family theory, practice, and research. The editors have unified the efforts of the profession's major players in bringing the most up-to-date and innovative information to the forefront of both educational and practice settings. They review the major theoretical approaches and break new ground by identifying and describing the current era of evidence-based models and contemporary areas of application. The Handbook of Family Therapy is a comprehensive, progressive, and skillful presentation of the science and practice of family and couples therapy, and a valuable resource for practitioners and students alike.

**The Practice of Emotionally Focused Couple Therapy** Susan M. Johnson 2012-02-24 Since its original publication in 1996, this volume has been a helpful guide to therapists in the practice of emotionally focused therapy. This second edition addresses the many changes in the field of couples therapy, including updated research results linked to clinical intervention and new information on using EFT to address depression and PTSD. A new section covers the growth of couples therapy as a field and its overall relevance to the mental health field, accompanied by coverage of how recent research into the nature of marital distress is consonant with EFT. Other new features are a section on EFT and feminism, as well as a section on cultural competence for the EFT therapist. Written by a leading authority on emotionally focused couples and marital therapy, this second edition is an up-to-date reference on all aspects of EFT and its uses for mental health professionals.

**Handbook of the Clinical Treatment of Infidelity** Katherine Milewski Hertlein 2013-03-07 Help your clients' relationships survive infidelity! In the Handbook of the Clinical Treatment of Infidelity, a panel of seasoned experts reflects on issues central to affairs, and on how to help couples heal and learn from them. First, editors Fred P. Piercy, Katherine M. Hertlein, and Joseph L. Wetchler provide an essential overview of infidelity theory, research, and treatment. They discuss the effect of infidelity on couples and delineate three types of infidelity--emotional, physical, and infidelity including aspects of both. They review the relatively new role of the Internet in infidelity and explore infidelity within the context of comarital relationships. Finally, they discuss the

overarching theories and common models used in infidelity treatment. Also in the Handbook of the Clinical Treatment of Infidelity: Susan M. Johnson, the co-developer of Emotionally Focused Therapy (EFT), discusses affairs through the lens of attachment theory, and shows how EFT provides a way to acknowledge and express pain, remorse, and regret, and to repair this attachment bond. David Moultrup takes a Bowenian approach to infidelity, focusing attention on the underlying dynamics of the emotional system Frank Pittman and Tina Pittman Wagers outline cultural myths about affairs and do their share of debunking Adrian Blow discusses how to help couples directly address their pain—and the challenges of the healing process Brian Case highlights the role of apology and forgiveness in the healing process Frank Stalfa and Catherine Hastings focus on the treatment of “accusatory suffering”—a spouse’s obsessive holding onto and retaliating for an affair long after it has ended, and despite the offending partner’s repeated apologies and attempts at restitution Don-David Lusterman discusses individuals who have suppressed or denied traumatic stress reactions to their partner’s affair, and how to help them Scott Johnson discusses myths about affairs, from who is cheating on whom, to whether men really have more affairs than women, to the blame-filled language of “affairs,” “betrayal,” and “infidelity,” asking us to think more systematically about affairs and to see the dynamics of extra dyadic relationships as more complex and nuanced than they are typically portrayed in the literature Joan Atwood provides an overview of Internet infidelity—the factors influencing one’s involvement in this type of infidelity, and some considerations for therapists Tim Nelson, Fred Piercy, and Doug Sprenkle report on the results of a multi-phase Delphi study that explored what infidelity experts say are the critical issues, interventions, and gender differences in the treatment of Internet infidelity Monica Whitty and Adrian Carr draw upon Klein’s object relations theory and discuss how this might influence the way people rationalize their Internet infidelity Emily Brown outlines the concept of the Split Self Affair—discussing its origins, characteristics, and implications for individuals and couples, and providing detailed information on how to work with these couples in therapy Michael Bettinger presents extra dyadic relationship as a fact, rather than a problem, within many gay male relationships—a discussion that shows how gay male polyamory can work as an alternative to the heterosexual model of emotional and sexual exclusivity in romantic dyadic relationships Katherine Hertlein and Gary Skaggs report on the results of a study that assessed the level of differentiation and one’s engagement in extra dyadic relationships The Handbook of the Clinical Treatment of Infidelity is essential reading for today’s (and tomorrow’s) clinicians who work with couples. Make it a p

**Clinical Handbook of Couple Therapy** Alan S. Gurman 2015-06-02

This book has been replaced by Clinical Handbook of Couple Therapy, Sixth Edition, edited by Jay L. Lebow and Douglas K. Snyder, ISBN 978-1-4625-5012-8.

**Evaluating Couples** Mark A. Karpel 1994 Emphasizing "what to do and how to do it," this book is a detailed guide to evaluating couples, providing specific recommendations on every aspect of the evaluation, from the initial telephone call to the therapist's summary delivered at its conclusion. Introductory chapters balance this pragmatic focus by examining "organizing forces" of a relationship, including attachment, gender and sexuality, and its "unconscious matrix."

**Clinical Casebook of Couple Therapy** Alan S. Gurman 2012-11-26 An ideal supplemental text, this instructive casebook presents in-depth illustrations of treatment based on the most important couple therapy models. An array of leading clinicians offer a window onto how they work with clients grappling with mild and more serious clinical concerns, including conflicts surrounding intimacy, sex, power, and communication; parenting issues; and mental illness. Featuring couples of varying ages, cultural backgrounds, and sexual orientations, the cases shed light on both what works and what doesn't work when treating intimate partners. Each candid case presentation includes engaging comments and discussion questions from the editor. See also Clinical Handbook of Couple Therapy, Fourth Edition, also edited by Alan S. Gurman, which provides an authoritative overview of theory and practice.

**Case Studies in Couples Therapy** David K. Carson 2013-06-19 This up-to-date, highly readable, theory-based, and application-oriented book fills a crucial void in literature on couple therapy. Few books in the couple therapy market bridge the gap between theory and practice; texts tend to lean in one direction or the other, either emphasizing theory and research with little practical application, or taking a cookbook approach

that describes specific techniques and interventions that are divorced from any conceptual or theoretical base. However, couples therapy requires a high degree of abstract/conceptual thinking, as well as ingenuity, inventiveness and skill on the part of the therapist. Case Studies in Couples Therapy blends the best of all worlds: clinical applications with challenging and diverse couples that have been derived from the most influential theories and models in couples and family therapy, all written by highly experienced and respected voices in the field. In Case Studies in Couples Therapy, readers will grasp the essentials of major theories and approaches in a few pages and then see how concepts and principles are applied in the work of well-known clinicians. The case studies incorporate a wide variety of couples from diverse backgrounds in a number of different life situations. It is simultaneously narrow (including specific processes and interventions applied with real clients) and broad (clearly outlining a broad array of theories and concepts) in scope, and the interventions in it are directly linked to theoretical perspectives in a clear and systematic way. Students and clinicians alike will find the theoretical overview sections of each chapter clear and easy to follow, and each chapter’s thorough descriptions of effective, practical interventions will give readers a strong sense of the connections between theory and practice.

**Encyclopedia of Couple and Family Therapy** Jay Lebow 2019-10-08

This authoritative reference assembles prominent international experts from psychology, social work, and counseling to summarize the current state of couple and family therapy knowledge in a clear A-Z format. Its sweeping range of entries covers major concepts, theories, models, approaches, intervention strategies, and prominent contributors associated with couple and family therapy. The Encyclopedia provides family and couple context for treating varied problems and disorders, understanding special client populations, and approaching emerging issues in the field, consolidating this wide array of knowledge into a useful resource for clinicians and therapists across clinical settings, theoretical orientations, and specialties. A sampling of topics included in the Encyclopedia: Acceptance versus behavior change in couple and family therapy Collaborative and dialogic therapy with couples and families Integrative treatment for infidelity Live supervision in couple and family therapy Postmodern approaches in the use of genograms Split alliance in couple and family therapy Transgender couples and families The first comprehensive reference work of its kind, the Encyclopedia of Couple and Family Therapy incorporates seven decades of innovative developments in the fields of couple and family therapy into one convenient resource. It is a definitive reference for therapists, psychologists, psychiatrists, social workers, and counselors, whether couple and family therapy is their main field or one of many modalities used in practice.

**Clinical Handbook of Psychological Disorders, Fifth Edition** David H. Barlow 2014-02-27

This clinical reference and widely adopted text is recognized as the premier guide to understanding and treating frequently encountered psychological disorders in adults. Showcasing evidence-based psychotherapy models, the volume addresses the most pressing question asked by students and practitioners--"How do I do it?" Leading authorities present state-of-the-art information on each clinical problem and explain the conceptual and empirical bases of their respective therapeutic approaches. Procedures for assessment, case formulation, treatment planning, and intervention are described in detail. Extended case examples with session transcripts illustrate each component of treatment. New to This Edition \*Incorporates treatment innovations, the latest empirical findings, and changes to diagnostic criteria in DSM-5. \*Chapter on acceptance-based treatment of generalized anxiety disorder. \*Chapter on comorbid depression and substance abuse, demonstrating a transdiagnostic approach. \*Chapter on sleep disorders. See also Clinical Handbook of Psychological Disorders in Children and Adolescents, edited by Christopher A. Flessner and John C. Piacentini.

**Couple Therapy** Len Sperry 2018-10-09 This new edition of Couples Therapy tackles four challenges currently facing the field: (1) accountability and the increasing demands for demonstrating effectiveness as a condition for reimbursement, (2) the need for practitioners to reconfigure their practice patterns in an ever-involving health-care system, (3) training mental health practitioners who have not completed marital and family therapy (MFT) programs, and (4) integrating new couples approaches and interventions into everyday clinical practice. The book offers a focused vision and successful strategies for working effectively with couples, both today and tomorrow. It incorporates the best insights from the neurosciences as well as new

couples theories, research, and evidence-based interventions, introducing approaches including psychoanalytic, systemic, cognitive behavioral, Adlerian, constructivist, third wave, integrative, and mindfulness-based. Chapters also present practical applications and professional considerations, with a comprehensive look at how to work with diverse issues in couples therapy, such as substance abuse, domestic violence, sexual dysfunction, infidelity, aging, and much more. This third edition of Couples Therapy is an essential resource for students as well as mental health practitioners, social workers, and family counselors who are keen to better meet the needs of couples and the demands of the changing healthcare landscape.

**The Practical Handbook of Genetic Algorithms** Lance D. Chambers 2019-09-17 The mathematics employed by genetic algorithms (GAs) are among the most exciting discoveries of the last few decades. But what exactly is a genetic algorithm? A genetic algorithm is a problem-solving method that uses genetics as its model of problem solving. It applies the rules of reproduction, gene crossover, and mutation to pseudo-organisms  
Clinical Handbook of Couple Therapy, Fourth Edition Alan S. Gurman 2008-06-24 This authoritative handbook provides a definitive overview of the theory and practice of couple therapy. Noted contributors--many of whom developed the approaches they describe--combine clear conceptual exposition with thorough descriptions of therapeutic techniques. In addition to presenting major couple therapy models in step-by-step detail, the book describes effective applications for particular populations and problems. Chapters adhere closely to a uniform structure to facilitate study and comparison, enhancing the book's utility as a reference and text. See also *Clinical Casebook of Couple Therapy*, also edited by Alan S. Gurman, which presents in-depth illustrations of treatment.

**Couples in Treatment** Gerald Weeks 2013-05-13 This classic text is an indispensable resource for beginning couples therapists: a concise, practical guide to moving from theory and content to process and the therapist's use of self.

*Clinical Handbook of Marital Therapy* Neil S. Jacobson 1986

Clinical Manual of Couples and Family Therapy Gabor I. Keitner 2009-12-11 The *Clinical Manual of Couples and Family Therapy* presents a conceptual framework for engaging families of psychiatric patients. It outlines practical, evidence-based family therapy skills that make it easier for clinicians to effectively integrate families into the treatment process. Moreover, it reestablishes the role of the psychiatrist as the leader of the team of professionals providing mental health care to patients in need. The underlying assumption in this concise manual is that most psychiatric symptoms or conditions evolve in a social context, and families can be useful in identifying the history, precipitants, and likely future obstacles to the management of presenting problems. The book clarifies the clinical decision-making process for establishing family involvement in patient care in different clinical settings, and it outlines distinct steps in family assessment and treatment within a biopsychosocial organizing framework that can be applied to all families, regardless of the patient's presenting problems. The book's approach is based on a broad model of family functioning, which provides a multidimensional description of families and has validated instruments to assess family functioning from both internal and external perspectives. Unique features and benefits of the manual include: A focus on one consistent model of assessment and treatment that can be applied to a wide range of psychiatric conditions and clinical settings Numerous case examples, tables, and charts throughout the text to further highlight the material A summary of key concepts at the end of each chapter A companion DVD, keyed to discussion in the text, that demonstrates how to perform a family assessment and treatment All psychiatrists should be proficient in assessing the social and familial context in which a patient's psychiatric illness evolves. The *Clinical Manual of Couples and Family Therapy* is a practical guide designed to facilitate a clinician's ability to evaluate and treat couples and families.

**Doing Couple Therapy, First Edition** Robert Taibbi 2012-08-22 Wise, compassionate, and highly practical, this engaging text covers the entire process of therapeutic work with couples, from opening sessions and assessment through skills building, core issues, and termination. Students and novice couple therapists learn effective strategies for intervening with couples of any age who are struggling with acute crises or longstanding conflicts and power struggles. Rich with sensitive, detailed case material, the book features numerous exercises that help readers identify and develop their own strengths as practitioners. Self-care strategies and tips for getting the most out of supervision are provided. Special topics include how to address couple issues with only

one partner and couple therapy applications for chronic mental health problems.

*Clinical Handbook of Couple Therapy, Fifth Edition* Alan S. Gurman 2015-05-28 Regarded as the authoritative reference and text, this handbook presents the most effective, widely studied approaches to couple therapy. The distinguished coeditors bring together other leading experts, most of whom developed the approaches they describe. Adhering closely to a uniform structure to facilitate study and comparison, chapters cover the history, theoretical and empirical underpinnings, and techniques of each model. The volume also describes cutting-edge applications for particular relationship contexts (such as blended families, LGBT couples, and separated couples) and clinical problems (such as partner aggression, psychological disorders, and medical issues). New to This Edition \*Chapters on interpersonal neurobiology and intercultural relationships. \*Chapters on couple therapy for PTSD, functional analytic couple therapy, and the integrative problem-centered metaframeworks approach. \*Many new authors.\*Extensively revised with the latest theory and research. See also *Clinical Casebook of Couple Therapy*, edited by Alan S. Gurman, which presents in-depth illustrations of treatment.

*The Wiley Handbook of Art Therapy* David E. Gussak 2016-01-19 The *Wiley Handbook of Art Therapy* is a collection of original, internationally diverse essays, that provides unsurpassed breadth and depth of coverage of the subject. The most comprehensive art therapy book in the field, exploring a wide range of themes A unique collection of the current and innovative clinical, theoretical and research approaches in the field Cutting-edge in its content, the handbook includes the very latest trends in the subject, and in-depth accounts of the advances in the art therapy arena Edited by two highly renowned and respected academics in the field, with a stellar list of global contributors, including Judy Rubin, Vija Lusebrink, Selma Ciornai, Maria d' Ella and Jill Westwood Part of the *Wiley Handbooks in Clinical Psychology* series

**Clinical Handbook of Marriage and Couples Interventions** W. Kim Halford 1997-04-03 The majority of people, in cultures worldwide, seek fulfillment and happiness in marriage and couples relationships. Many mental health professionals now find they are increasingly consulted when such relationships encounter difficulties that threaten the wellbeing of the couples involved. The costs of such difficulties can be high, to society, to children and to other family members, in both emotional and economic terms. Psychologists, psychiatrists, therapists, counsellors and social workers will find in this uniquely comprehensive handbook a critical review of knowledge in this wide field, as well as a guide to best practice in its many areas of intervention. The scope of the handbook includes an overview of healthy, normal marriage processes, the major influences on marital quality and stability, the interaction between individual adjustment, environmental events, and relationship satisfaction, and interventions designed to assist couples to enhance their relationship. The emphasis in the chapters which review research is on explicating the implications of current state-of-the-art knowledge for assessment and intervention with couples. Over half the book comprises detailed guidelines on how to conduct interventions for relationship problems. This includes work on different approaches to couples therapy, adapting couples therapy to the needs of couples in which one partner has significant individual psychopathology, working with just one partner, responding to crises initiated by extramarital affairs, mediating divorce, and working with families in which there are combined marital and parenting difficulties.

**Couples Therapy, Multiple Perspectives** Barbara Jo Brothers 2014-01-14 *Couples Therapy, Multiple Perspectives* is a springboard from which therapists may begin to answer such questions as What are the ingredients essential to good relationships? What are the ingredients essential to activity within the psychotherapeutic relationship? How can what therapists know regarding psychotherapy be combined to create a whole greater than the sum of its parts? Barbara Jo Brothers aids therapists in answering these and other questions about the basic ingredients, the common denominators, and the universal threads of work with couples from exploring the theories and methods of successful therapists. As there are many ways of looking at couples therapy, this volume encourages therapists to work cooperatively, not competitively, in developing clients' possibilities. *Couples Therapy, Multiple Perspectives* is intended to assist therapists working with couples achieve a broader view of their work and a richer range of choices in helping their clients. Every article, especially the two by master therapists Florence Kaslow and Maurizio Andolfi, moves readers toward a tapestry of therapeutic possibilities. Features of *Couples Therapy,*



Multiple Perspectives include an in-depth look at the ingredients of a successful marriage, or, what makes marriages work for the long-term by Florence Kaslow; an article by Maurizio Andolfi, translated by Vincenzo DiNicola, which brings together an excellent integration of theories, including those of Bowen, Framo, and Whitaker. Andolfi describes a transgenerational approach to work with couples in crisis, with a case example of the value of doing family-of-origin work in the initial phase of therapy. In an interview segment with Virginia Satir (with Sheldon Starr, PhD, in 1985), she explores how all good therapy has essentially the same ingredients. Readers will find Satir's ideas timeless and thought provoking; indeed they may re-evaluate their own position and theories on therapy with couples.

**Clinical Interventions in Systemic Couple and Family Therapy** Roberto Pereira 2018-07-06 This timely update presents modern directions in systemic therapy practice with couples and families, focusing on clinical innovations from Italy, Portugal, and Spain. Top therapists discuss their breakthrough family work in treating familiar pathologies such as depression, borderline personality disorder, infidelity, and addictions, providing first-hand insight into meeting relational dysfunction with creativity and resourcefulness. The book applies novel conceptualizations and fresh techniques to complex situations including multi-problem families, involuntary clients, disability-related issues, anorexia, love and sex in aging, and family grief. From tapping into the strengths of siblingship to harnessing the therapeutic potential of the Internet, the book's cases illustrate the rich variety of opportunities to improve client outcomes through systemic couple and family therapy. This practical guide: Demonstrates strategies for therapists to improve practice Exemplifies methods for reducing the gap between clinical theory and practice Identifies multiple dimensions of systems thinking in case formulation and therapy Offers new insights into treating classic and recent forms of psychopathology Provides a representative picture of couple and family therapy in southern Europe Clinical Interventions in Systemic Couple and Family Therapy is of particular relevance to practitioners and clinicians working within couple and family therapy, and is also of interest to other professionals working in psychotherapy and professional mental health services.

**Multicultural Couple Therapy** Mudita Rastogi 2008-12-01 Most traditional couple therapy models are based on the Eurocentric, middle-class value system and are not effective for today's psychotherapists working in multicultural settings. Multicultural Couple Therapy is the first "hands-on" guide for integrating couple therapy with culture, race, ethnic identity, socioeconomic status, religious beliefs, sexual orientation, and immigration experiences. The editors and a culturally diverse group of contributors follow a common outline of topics across chapters, related to theory, research, practice, and training. They report on the application of major evidence-based models of couple therapy and demonstrate the integral role played by contextually based values involved in relationships, conflict, and resolution. Key Features Presents a multiperspective approach that focuses on specific cultural issues in couple therapy Creates a cultural context for couples to help readers better understand key issues that affect relationships Features a series of compelling "Case Examples" from the authors' personal therapeutic experience in treatment with couples from diverse backgrounds Includes "Additional Resource" sections, including suggested readings, films, and Web sites, as well as experiential exercises and topics for reflection Intended Audience This groundbreaking book provides an in-depth resource for clinicians, supervisors, educators, and students enrolled in courses in couple therapy, marriage and family therapy, and multicultural counseling who are interested in how diverse clients define conflicts and what they consider to be functional solutions.

**Helping Couples Get Past the Affair** Donald H. Baucom 2011-02-18 From leading marital therapists and researchers, this unique book presents a three-stage therapy approach for clinicians working with couples struggling in the aftermath of infidelity. The book provides empirically grounded strategies for helping clients overcome the initial shock, understand what happened and why, think clearly about their best interests before they act, and move on emotionally, whether or not they ultimately reconcile. The volume is loaded with vivid clinical examples and carefully designed exercises for use both during sessions and at home. The book will be invaluable to clinicians who treat couples, including couple and family therapists and counselors, clinical psychologists, social workers, pastoral counselors, and psychiatrists. It may also serve as a supplemental text in graduate-level courses.

**Adult ADHD-Focused Couple Therapy** Gina Pera 2016-01-08 Since ADHD became a well-known condition, decades ago, much of the research and

clinical discourse has focused on youth. In recent years, attention has expanded to the realm of adult ADHD and the havoc it can wreak on many aspects of adult life, including driving safety, financial management, education and employment, and interpersonal difficulties. Adult ADHD-Focused Couple Therapy breaks new ground in explaining and suggesting approaches for treating the range of challenges that ADHD can create within a most important and delicate relationship: the intimate couple. With the help of contributors who are experts in their specialties, Pera and Robin provide the clinician with a step-by-step, nuts-and-bolts approach to help couples enhance their relationship and improve domestic cooperation. This comprehensive guide includes psychoeducation, medication guidelines, cognitive interventions, co-parenting techniques, habit change and communication strategies, and ADHD-specific clinical suggestions around sexuality, money, and cyber-addictions. More than twenty detailed case studies provide real-life examples of ways to implement the interventions.

**Handbook of Clinical Issues in Couple Therapy** Joseph L. Wetchler 2011-03 Now updated in its second edition, Handbook of Clinical Issues in Couple Therapy provides a comprehensive overview of emerging issues that impact couple therapy. Unlike other guides that concentrate more on theoretical approaches, this invaluable resource contains the latest research and perspectives that every clinician needs when dealing with the challenging issues often found in practice. Carefully referenced, it explores a range of issues that include intimate partner violence, posttraumatic stress disorder and its effect on couple relationships, divorce therapy, remarriage and cohabitation issues, cultural issues, and couple therapist training. This insightful edited volume is suitable for a wide spectrum of readers, including couple and family therapists, counselors, psychologists, social workers, pastoral counselors, educators, and graduate students.

**Integrative Behavioral Couple Therapy: A Therapist's Guide to Creating Acceptance and Change, Second Edition** Andrew Christensen 2020-09-15 The definitive therapist manual for Integrative Behavioral Couple Therapy (IBCT)—one of the most empirically supported approaches to couple therapy. Andrew Christensen, codeveloper (along with the late Neil Jacobson) of Integrative Behavioral Couple Therapy, and Brian Doss provide an essential manual for their evidence-based practice. The authors offer guidance on formulation, assessment, and feedback of couples' distress from an IBCT perspective. They also detail techniques to achieve acceptance and deliberate change. In this updated edition of the work, readers learn about innovations to the IBCT approach in the 20+ years since the publication of the original edition—including refinements of core therapeutic techniques. Additionally, this edition provides new guidance on working with diverse couples, complex clinical issues, and integrating technology into a course of treatment.

**Handbook of Couples Therapy** Michele Harway 2005-01-21 The essential guide to successful couples therapy at every stage of the lifecycle A variety of therapeutic interventions can help couples develop the tools for a successful relationship. Yet many practitioners begin seeing couples without extensive training in couples work. To fill this gap in their therapeutic repertoires, noted couple therapist Michele Harway brings together other well-known experts in marriage and family therapy to offer the Handbook of Couples Therapy, a comprehensive guide to the study and practice of couple therapy. The book's chapters provide a variety of perspectives along developmental, theoretical, and situational lines. Recognizing the need for clinically proven, evidence-based approaches, chapters provide detailed coverage of the most effective treatment modes. Couples at different stages of the lifecycle feature prominently in the text, as do relevant special issues and treatment approaches for each stage. Subjects covered include: Premarital counseling from the PAIRS perspective (an extensive curriculum of interventions for premarital couples) The first years of marital commitment Couples with young children Couples with adolescents Therapy with older couples Same sex couples A variety of theoretical approaches, including Cognitive-Behavioral, Object Relational, Narrative, Integrative, and Feminist and Contextual Special issues and situations, including serious illness, physical aggression, addiction, infidelity, and religious/spiritual commitments or conflicts Providing a diverse set of treatment approaches suited to working with a wide range of adult populations, the Handbook of Couples Therapy is an essential resource for mental health professionals working with couples.

**Casebook of Marital Therapy** Alan S. Gurman 1991-02-01 Making explicit connections between theory and practice, this outstanding collection of 14 full-length cases reflects the gamut of difficulties therapists typically

encounter with couples, such as intimacy, jealousy, distance conflicts, and problems with family members outside the marital relationship. *Clinical Handbook of Couple Therapy, Third Edition* Alan S. Gurman 2002-07-03 Now in a revised and expanded third edition, this acclaimed handbook and clinical text provides comprehensive coverage of the full range of couple therapy interventions. Noted contributors, many of whom developed the approaches they describe, combine clear conceptual and historical exposition with hands-on presentations of therapeutic strategies and techniques. Chapters in the new edition adhere even more closely to a uniform structure, facilitating easy comparison of different therapeutic models, and have been extensively rewritten to reflect the latest conceptual, clinical, and empirical advances. Entirely new chapters cover structural-strategic, transgenerational, narrative, solution-focused, brief integrative, and affective-reconstructive approaches; prevention and psychoeducation; interventions with families during and after divorce; multicultural couple therapy; and treatment of clients with bipolar disorder as well as other psychiatric and medical problems.

**Clinical Handbook of Emotion-focused Therapy** Leslie S. Greenberg 2018-10 Through Emotion-Focused Therapy (EFT), clients learn to rule their emotions, instead of letting their emotions rule them. With guidance from a skilled EFT therapist to help them identify, experience, accept, and tolerate difficult emotions, people can learn to regulate, explore, make sense of, transform, and flexibly manage their emotions. As a result, they become more skilled in responding adaptively to situations as they arise. EFT therapists help individuals and couples engage in productive emotional processing. They also offer methods to help clients become aware of their emotional needs. In this book readers will learn to: conceptualize clients' core emotions in order to form a focus of therapy guide clients through the process of emotional change, and structure therapy in an ongoing fashion, recognize key emotional markers, and facilitate the tasks needed to move to the next phase. This handbook offers a comprehensive tour of EFT research and applications for all common mental health issues including depression, anxiety, interpersonal trauma, personality disorders, and eating disorders.

**Textbook of Family and Couples Therapy** G. Pirooz Sholevar 2008-08-13 In the past decade, family therapy has evolved from a loosely defined aggregate of approaches to a mature field with codified schools of theoretical systems and concepts. *Textbook of Family and Couples Therapy: Clinical Applications* is the first book to draw together theories and techniques from these various schools and combine them with specific clinical approaches in a single comprehensive resource. Under the editorial direction of acclaimed expert G. Pirooz Sholevar, *Textbook of Family and Couples Therapy* presents the current body of theoretical knowledge in the field along with the latest practical applications for working with couples and families. The book is divided into seven major sections: Family Therapy: Theory and Techniques; Family Assessment; Family Therapy With Children and Adolescents; Marital Therapy; Family Therapy With Different Disorders; and Research in Family and Marital Therapy. Most sections begin with overview chapters to lay the groundwork for clinical applications. With contributions from today's leading practitioners, *Textbook of Family and Couples Therapy* includes unique features such as: Family therapy approaches to specific mental disorders, including depression, psychiatric hospitalization, alcohol and substance abuse, incest, and personality disorders Specific guidance for working with couples, with detailed approaches to problems such as sexual dysfunction, divorce, remarriage, and stepfamilies -- invaluable for practicing in today's society The unique considerations of treating children in a family therapy context with practical applications such as whole-family intervention and a method for parent management training An overview of the evolution and theoretical underpinnings of family therapy which helps readers develop a solid foundation of understanding to support their clinical knowledge The latest information on issues related to gender, culture, and ethnicity and how they affect family therapy important for enhancing awareness and understanding The state of family therapy research today and future research directions with perspectives from leading academics to point the way Blending theoretical training and up-to-date clinical strategies, *Textbook of Family and Couples Therapy* is a landmark event in the field. It is a must for clinicians who are currently treating couples and families -- and a major resource for training future clinicians in these highly effective therapeutic techniques.

*The Oxford Handbook of Relationship Science and Couple Interventions* Kieran Terese Sullivan 2016 Marriage and other long-term committed relationships are an integral part of our lives and confer many benefits.

People in satisfying marriages report greater life happiness, live longer, and are less vulnerable to mental and physical illness. Unfortunately, many couples experience significant relationship distress and about half of marriages end in divorce. Among those who stay married, a notable number of couples remain in unstable, severely distressed marriages for years or even decades. Given the serious physical and psychological consequences of relationship distress and divorce for spouses and their children, it is clear that relationship science-the basic and applied study of relationship development, maintenance, and dysfunction-is of critical importance. The *Oxford Handbook of Relationship Science and Couple Interventions* showcases cutting-edge research in relationship science, including couple functioning, relationship education, and couple therapy. The book presents the most current definitions of and classifications for relationship dysfunction and discusses the latest research on the biological, psychological, and interpersonal causes and correlates of couple dysfunction and subsequent treatment implications. The latest findings regarding empirically supported prevention and treatment interventions for couple dysfunction are highlighted, as well as diversity and cultural issues in the context of working with couples. This Handbook will appeal to researchers who seek to understand the development of relationship distress and design interventions to prevent and treat couple distress and clinicians who are diagnosing, assessing, and treating couple dysfunction.

*Common Factors in Couple and Family Therapy* Douglas H. Sprenkle 2009-08-10 Doug Sprenkle - Awarded the American Family Therapy Academy (AFTA) 2010 Award for Distinguished Contribution to Family Therapy Research and Practice! Grounded in theory, research, and extensive clinical experience, this pragmatic book addresses critical questions of how change occurs in couple and family therapy and how to help clients achieve better results. The authors show that regardless of a clinician's orientation or favored techniques, there are particular therapist attributes, relationship variables, and other factors that make therapy specifically, therapy with couples and families more or less effective. The book explains these common factors in depth and provides hands-on guidance for capitalizing on them in clinical practice and training. User-friendly features include numerous case examples and a reproducible common factors checklist.

*Hope-Focused Marriage Counseling* Everett L. Worthington Jr. 2013-02-04 Everett L. Worthington Jr. offers a comprehensive manual for assisting couples over common rough spots and through serious problems in a manner that is compassionate, effective and brief.

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