

Solution Focused Premarital Counseling Helping Couples

Helping Couples Change Christian Marital Counseling Fertility Counseling: Clinical Guide Case Studies in Couples Therapy Couple Therapy for Depression Helping Couples on the Brink of Divorce Couples Counseling Helping Couples Overcome Infidelity Behavioral Couples Therapy for Alcoholism and Drug Abuse Couples in Collusion Helping Couples Treating Couples in Crisis Couples Therapy Brief Therapy with Couples Marriage Counseling Couple Therapy Resources A Family Systems Guide to Infidelity Foundations of Couples, Marriage, and Family Counseling Techniques for the Couple Therapist Doing Couple Therapy Richard B. Stuart Everett L. Worthington Jr. Sharon N. Covington David K. Carson David Hewison Dr William J Doherty John R. Shack Angela Skurtu Timothy J. O'Farrell Dennis A. Bagarozzi Les Parrott Robert L. Barker Marcia Hill Maria Gilbert J. Kenneth Morris F. Crites Paul R. Peluso David Capuzzi Gerald R. Weeks Robert Taibbi

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now available in paper for the first time this classic work presents a structured rigorously tested six stage strategy for improving intimate relationships therapists and counselors will benefit from practical step by step

guidance for deciding how why and when to employ such widely cited stuart techniques as caring days communication improvements behavioral contracting the powergram procedure for decision making and conflict containment these techniques not only provide a program for identifying and producing positive behavior change but give the therapist the tools to assess therapeutic outcome and empirically validate the efficacy of change a new preface to the paperback edition situates the book within the contemporary couple therapy landscape and reflects on the continuing evolution of the author s approach

everett worthington provides a christian perspective and biblically based theory of marriage and marriage counseling with an analysis of the individual the couple and the family everett uses techniques drawn from several psychological schools of thought combined with solid biblical principles to help guide counselors through the process of intervention assessment and implementation of methods for change

an updated and complete guide to the practice of fertility counseling exploring unique and diverse challenges in reproductive patient care

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

depression is second after heart disease as the most damaging health condition in the world the nhs has devoted huge resources to training thousands of psychological therapists to work in improving access to psychological therapies services specifically to treat depression in adults and couple therapy has been identified as one of the effective ways of treating it couple therapy for depression is an integrative 20 session couple therapy designed to treat depression in couples where there is also relationship distress following the recommendations of the uk's national institute for clinical excellence for a behaviourally based couple therapy treatment it draws on rct studies of efficacy as well as best practice in behavioural cognitive emotionally focused systemic and psychodynamic couple therapies sticking closely to the competencies identified for the treatment of depression and relationship distress in couples it outlines the ways in which couple therapists can reduce damaging interactions between couples build emotional openness and closeness improve communication and behaviour change unhelpful cognitions and perceptions and help the couple cope with the ordinary and not so ordinary stresses that arise in the course of everyday relating written by couple therapists who understand deeply the unique challenges of doing therapy with couples it is based on the training programme for couple therapy for depression commissioned by the nhs for use in its improving access to psychological therapies services it begins by describing the causes and consequences of depression and then focuses on its impact on the adult couple highlighting the particular techniques needed in safe and effective work with distressed couples it goes through the different ways in which the couple's feelings thoughts and behaviours need to be understood and worked with in order to reduce relationship distress it outlines the treatment of 4 different couples to illustrate the therapy in action and will be helpful for any therapist wanting to enhance their work with couples

this second edition presents a refined protocol for discernment counseling a specialized five session treatment for couples with conflicting agendas

helping couples overcome infidelity provides clinicians with tangible research oriented intervention strategies that can guide couples through the aftermath of an affair in the treatment of an affair there are several key elements that couples need to work through as a team including assessment working through the crisis phase rebuilding trust acknowledging the pain infidelity causes repairing relationship issues creating a dynamic sex life choosing to stay in or leave the relationship and forgiveness this book will cover nine milestones in detail and offer a framework for how clinicians can offer helpful treatment at each step also included are case studies of particularly challenging couples that the author has worked with and a section at the end of each chapter on therapist self care

this eminently practical guide presents an empirically supported approach for treating people with substance abuse problems and their spouses or domestic partners behavioral couples therapy bct explicitly focuses on both substance use and relationship issues and is readily compatible with 12 step approaches provided are all the materials needed to introduce bct implement a recovery contract to support abstinence work with clients to increase positive activities improve communication and reduce relapse risks and deal with special treatment challenges appendices include a session by session treatment manual and 70 reproducible checklists forms and client education posters the large size format and lay flat binding facilitate photocopying and enhance the book s clinical utility

when a couple enters therapy both partners have either explicit or implicit understandings of what can and more importantly cannot be discussed in therapy even when empirically tested assessments are used to help pinpoint areas of concern and conflict couples may choose to identify only those areas that are relatively safe and do not seriously threaten each partner s sense of integrity and vulnerability how is a therapist supposed to proceed when a couple comes in for a tune up not realizing that their entire transmission needs to be serviced therapists know that some relationships like some transmissions can continue to function on some level even without proper care sometimes even for years before the couple seeks therapy if when they come in the therapist can help the couples to repair and regain their lost equilibrium they ll be more likely to seek help when the transmission next begins to slip in its clear precise prose insightful case studies and thought provoking discussion questions couples in collusion lays out guidelines for identifying understanding and

dealing with the unspoken agreements and collusive systems that couples build up over time clinicians will find each chapter replete with concrete strategies they can use in practice as well as thorough explanations of the assessment tools suggestions on how to use them and even advice on how to build the tools costs into clinicians limited budgets

the ultimate guide to marriage mentoring so you can feel confident in offering wisdom encouragement and practical help to couples who want to live out a love that lasts drs les and leslie parrott and dr david olson renowned marriage experts and founders of the two largest marriage support organizations symbis and prepare enrich share what they have learned from decades of research involving more than five million couples packed with practical and proven methods data driven techniques and immediately usable strategies helping couples includes the secrets and the science behind couples who thrive with lasting love why romantic love is never enough and what to do about it strategies to instantly help reduce conflicts and increase intimacy the game changing boost that scientific assessment tools give couples at any age or stage four common myths about marriage and how to debunk them the distilled wisdom from hundreds of insightful surveys and studies how you can reduce a couple s chances of divorce by 31 percent the ultimate guide for coaches counselors and clergy who want to know what really works

how can you provide effective meaningful therapy to couples with whom you have little or nothing in common couples therapy feminist perspectives addresses some of the inadequacies omissions and assumptions in traditional couples therapy to help you face the issues of race ethnicity and sexual orientation in helping couples today in this book you ll uncover perspectives that are grounded in an appreciation of cultural context the effects of privilege and the centrality of a respectful stance on the part of the therapist anyone seeking to do informed and responsive work with couples in distress will find it a useful and valuable compilation couples therapy feminist perspectives describes a variety of feminist approaches to couples therapy giving you a sense of the range of feminist practice in this area and illustrating approaches you can integrate into your work with couples specific topics you ll explore include cultural considerations in couples therapy narrative approaches to couples therapy dilemmas in working with heterosexual couples working with lesbian couples the particular issues of interracial couples the african american lesbian couple empathy and mutuality in therapy with

couples whether you re an experienced psychologist social worker marriage and family counselor or therapist or a student of family and couples therapy couples therapy feminist perspectives will help you prepare to respond effectively to a more diverse clientele

brief therapy with couples is a practical guide to brief therapy for couples relationship problems that relates therapy to the cultural racial religious context of relationships as well as key issues like parenting same sex relationships

welcome to the couple therapy resources marriage go round supplement in the first manual you were presented a system of conceptualization regarding the life cycle of a love relationship and how therapeutic intervention can take place this second manual is intended to include supportive materials that can be used with the marriage go round system or can be used as a supplement to any other couple therapy method you are choosing to use this manual includes handouts assessments worksheets and strategies for dealing with anger paste hurts and irritants conflict forgiveness and reconciliation and more handouts assessments worksheets strategies and exercises for the all of the love expectations identified in the marriage go round assessment are included mantras to help each individual stay in touch with what his or her partner needs to feel loved scriptural references for many of the love expectations for those interested love expectations all love expectation including the expectations addressed in the first manual are in this manual each love expectation has multiple resources to help you better address your client s issues these tools can be used as presented or they can be adapted to your situation there are times it is better to verbally review a strategy or what could be done using a worksheet everyone is different and often needs to have information presented in a variety of ways it s up to you to adjust the resources in this manual to serve you best scriptural review for those who wish to include a scriptural backing to many of the issues addressed in therapy there is a scriptural guide that you can refer to many people do not want to have scriptures or any religious content in their therapy others like or even prefer it it s up to you to use or not use this information in conclusion the couple therapy resources are meant to be used to help couples understand the inevitable changes that come into their relationships to learn new coping mechanisms and to practice principles for a healthy relationship the express purpose of this manual is to offer those in the counseling field some practical therapeutic aids that will practically enhance

the counseling process best wishes as you journey with your clients towards healing and a rekindling of love in their relationship

a family systems guide to infidelity offers an explanatory model and concrete techniques enabling therapists and counselors to treat the core of a couple's relationship problems instead of merely applying a therapeutic bandage chapters give therapists proven techniques to help couples redevelop trust rebalance power increase satisfaction and recover from the wounds that infidelity causes this text uses case studies from clinical practice examples of public or historical figures and scenarios from popular movies to illustrate concepts and it provides a systemic explanatory model for understanding infidelity one that focuses on marital dissatisfaction power imbalances unfulfilled dreams and the discovery of infidelity

foundations of couples marriage and family counseling a newly updated and practical approach to marriage couples and family counseling now in its second edition foundations of couples marriage and family counseling delivers a comprehensive treatment of current theory research and real life practice in family therapy the text is fully aligned with the council for accreditation of counseling and related educational programs cacrep and commission on accreditation for marriage and family therapy education coamfte it covers foundational and advanced topics of critical importance to student counselors and therapists seeking to work in family settings including sexuality trauma divorce domestic violence addictions filial play therapy and the positioning of culture and context in family therapy the new edition includes updated content in each chapter and entirely new chapters on assessments and helping families mitigate adapt and transition during crisis this important book covers the basic knowledge and skills essential to students and practitioners of couples and family therapy details the history concepts and techniques associated with crucial theories and includes a new chapter on the most up to date assessment strategies tackles contemporary issues and interventions in trauma divorce domestic violence sexuality and more at once comprehensive and concise the second edition of foundations of couples marriage and family counseling offers readers a guide to the complex and interconnected concepts required to support a full understanding of couples and family therapy

techniques for the couple therapist features many of the most prominent psychotherapists today presenting

their most effective couple therapy interventions this book provides clinicians with a user friendly quick reference with an array of techniques that can be quickly read and immediately used in session the book includes over 50 chapters by experts in the field on the fundamental principles and techniques for effective couple therapy many of the techniques focus on common couple therapy processes such as enactments communication and reframing others focus on specific presenting problems such as trauma sexual issues infidelity intimate partner violence and high conflict students beginning therapists and seasoned clinicians will find this pragmatic resource invaluable in their work with couples

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

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