

# Counseling And Therapy For Couples

Brief Therapy with Couples Therapy with Couples Couple Therapy for Depression Dynamics of Couples Therapy Couple Therapy Brief Therapy with Individuals and Couples Case Studies in Couples Therapy Schema Therapy with Couples Couple Therapy Workbook Emotionally Focused Therapy for Couples Couples Therapy Short-Term Object Relations Couples Therapy Couple Therapy Encyclopedia of Cognitive Behavior Therapy Couples in Treatment If Only I Had Known... Clinical Handbook of Couple Therapy, Fourth Edition The Art of Co-therapy Brief Therapy for Couples Common Dilemmas in Couple Therapy Maria Gilbert Michael Crowe David Hewison Jurg Willi Douglas Hooper Jon Carlson David K. Carson Chiara Simeone-DiFrancesco Michelle Martin Leslie S. Greenberg Esther D Rothblum James M. Donovan Michelle Miller Arthur Freeman Gerald Weeks Susanne Methven Alan S. Gurman Bill Roller W. Kim Halford Judith P. Leavitt

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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

since the first edition of this practical book was published in 1990 a number of important developments have taken place and have been incorporated into the new edition there are now many kinds of non traditional relationships that accompany an increasing divorce rate and the shrinking number of marriages co habitation remarriage step parent step child relationships and their implications for the extended family their strengths and areas of tension are examined accompanying these changes has been a development in therapeutic approaches and additional outcome data is now available rapid progress has been made in treatments and their implications are described in addition the therapeutic managing of separating and divorcing couples domestic violence and the aftermath of sexual and physical abuse are discussed

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

table of contents 1 the therapeutic triangle 2 the first talk with the couple 3 indicative criteria for therapy and the choice of therapy method 4 resistance for couples therapy 5 dynamics of the relationships in a therapeutic triangle 6 the therapist s involvement with the marital partners viewed as therapeutic collusion 7 sex determined limitations of the couples therapist 8 couples therapy conducted by a therapist couple cotherapy 9 other methodological problems 10 problems of value in couples therapy 11 divorce and remarriage 12 helga and stani a couple in therapy 13 what this book can teach

this handbook reviews therapy and counselling with couples whether they be married co habiting heterosexual lesbian or gay it explores how the problems of closely involved couples are assessed and tackled in different circumstances and in different ways it places couples therapy in its theoretical and institutional contexts analyzes immediate therapeutic concerns and examines the wider roles of agencies education research and training

table of contents 1 brief integrative behavior therapy with individuals and couples 2 cognitive behavioral strategies 3 rational emotive family therapy 4 multimodal strategies with adults 5 short term therapy for character change 6 depth oriented brief therapy accelerated accessing of the coherent unconscious 7 object relations brief therapy 8 adlerian brief therapy strategies and tactics 9 efficient adlerian therapy with individuals and couples 10 brief reality therapy 11 stage appropriate change oriented brief therapy strategies 12 the satir system brief

therapy strategies 13 imago strategies 14 psychoeducational strategies 15 solution focused brief counseling strategies 16 emdr and resource installation principles and procedures 17 biopsychosocial therapy essential strategies and tactics

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

schema therapy for couples represents the first practitioner guide to detail effective schema therapy techniques in couple and relationship therapy shows how the distinctive features of st make it ideal for addressing the cognitive and emotion focused problems typical in couple relationships presents and integrates a series of innovative tools and interventions such as schema therapy with needs versus wants mode cycle clash cards limited re parenting visualization and chair work authored by an international team of experts in couples therapy and schema therapy

turn your relationship into a love story that lasts by improving communication strengthening your bond and creating the trust that s essential in relationships couples therapy isn t just for failing relationships even if you trust your partner to be faithful loving and committed you can still benefit from a trust tune up even if you appreciate your partner and they appreciate you you can still benefit from reconnecting every now and then even if you don t think you need couples therapy you can benefit from everything it has to teach you from staying strong when times get tough to savoring the joyful moments together relationships need to be nurtured and couples therapy can help you figure out what your unique relationship needs to thrive maybe you ve thought about therapy for couples in the past but you didn t think it would work for you maybe you didn t want to share your troubles with a total stranger that s where this book comes in the advice in this book will act as your counselor and guide you along as you learn to be a loving partner and build a stronger relationship through simple exercises designed with

couples in mind you'll be given the tools you need to be open and honest with yourself and your partner and begin to look at your relationship through new eyes in addition you'll discover research backed advice from a professional relationship counselor how external influences can affect your relationship and how to defend against them worksheets to help you through the relationship exercises questions to ask your partner to increase communication apps and tools to help you through your couples therapy journey and much much more as a bonus you'll also learn about the famous love languages and how you can use them to create a stronger bond if you don't take time to examine and tend to your relationship you'll never find out how fulfilling and rewarding it can be to experience a relationship filled with trust and contentment forget what you've thought about couples therapy in the past and focus on the present to build a better relationship for the future to become a more loving partner and to receive unconditional trusting love in return click add to cart

this influential volume provides a comprehensive introduction to emotionally focused therapy eft its theoretical foundations techniques and clinical practice eft is a structured approach to couple therapy that integrates intrapsychic and interpersonal perspectives to help couples create new more satisfying interactional patterns since the original publication of this book eft has been implemented and tested with growing numbers of couples in a wide range of settings the authors who codeveloped the approach illuminate the power of emotional experience in relationships and in the process of therapeutic change the book is richly illustrated with case examples and session transcripts

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 therapies have become popular indeed a necessity in today's managed care environment perhaps because it is one of the more complex psychoanalytical models object relations theory for couples has not been adapted to a short term model until now in this volume james donovan provides a model for short term object relations couples therapy while at the same time offering an easy to read primer on object relations that gives the practitioner a step by step model replete with examples for using object relations in practice the goal of this short

term therapy is that couples emerge with an awareness of these internalized object relations and their significance this book builds on previously successful couples work by advising the therapist to focus on the core recurring impasse that threatens the couples relationship and stirs old wounds and gives detailed intervention strategies that focus on the mediation and resolution of the core fight the five step model outlines the ways to dismantle the conflict at the levels of the individual and the couple donovan integrates aspects of other successful couples therapies into his model in order to broaden its applicability to a greater diversity of treatment situations

do you and your spouse keep on fighting how often do you fight do you address it right away or leave it behind why do you keep on fighting worry no more this book will provide you the answers to your questions do you want to fix your marriage do you want to make your love stronger if you do then read this book marriage is a multi level commitment one that involves responsibilities from person to person from family to family and from couple to state marriage is viewed as a reasonably permanent bond in all cultures so much so that it is virtually inevitable in certain societies when you ve got a family there is someone at home with warm hugs and kisses and the sweetest smile in the world waiting for you couple therapy will help you achieve your ideal relationship this book covers understand each partner s inner world strengthen friendship and intimacy finding each other in new ways facing the future together how emotions affect your partner communication is crucial because disputes in partnerships are unavoidable and most people are poorly equipped to cope well with them when you find you need any additional support in interacting with your spouse try counseling couples or marriage therapy not all marriages can be high all the time but a healthy partnership always helps you feel secure content accepted valued and free to be yourself all companies need commitment and effort this book has provided you an idea and information on what to do and what to avoid don t miss out and get your copy now

since its inception over twenty five years ago this once revolutionary approach to psychotherapy has grown to encompass treatments across the full range of psychological disorders this work brings together all of the key aspects of this field distilling decades of clinical wisdom into one authoritative volume

first published in 2001 routledge is an imprint of taylor francis an informa company

creating tactics for getting it right the first time the co authors draw on over thirty years of experience to show young therapists how and how not to conduct psychotherapy each chapter begins with a vignette illustrating a common mistake then describes the error in detail explains why therapists make the mistake and offers tactics for avoiding it

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

the house has new owners who do not care about cleaning soon the house is polluted with smoke animal hair powders and many aerosol sprays

this book provides a complete guide to self regulatory couple therapy srct an innovative clinical approach that maximizes the couple's capacity for self directed change presented is a flexible framework for treating couples effectively in as few as one or two and as many as 25 sessions of highly focused work featuring step by step intervention guidelines and helpful clinical examples the book demonstrates how to identify those couples for whom very brief therapy is possible how to focus in quickly on the processes associated with relationship distress and how to integrate additional therapeutic components for clients needing longer term help

common dilemmas in couple therapy addresses four common problems that couples therapists face everyday in their offices problems that leave therapists exhausted drained challenged alive racing and on edge these dilemmas encompass not only the difficult challenges therapists face everyday but also the passions and profound disappointments of human intimate partnerships the purpose of this book is not only to explore and give case illustrations of these dilemmas but also to give therapists strategies to use and help them understand and handle their own profound experiences while doing this work

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