

Acceptance And Change In Couple Therapy A Therapists Guide To Transforming Relationships

Handbook of Clinical Family Therapy Jay L. Lebow 2005-09-29 The latest theory, research, and practice information for family therapy 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.

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.

[The Wiley-Blackwell Handbook of Couples and Family Relationships](#) Patricia Noller 2012-02-20 The Wiley-Blackwell Handbook of Couples and Family Relationships presents original articles from leading experts that link research, policy, and practice together to reflect the most current knowledge of contemporary relationships. Offers interesting new perspectives on a range of relationship issues facing twenty-first century Western society Helps those who work with couples and families facing with relationship issues Includes practical suggestions for dealing with relationship problems Explores diverse issues, including family structure versus functioning; attachment theory; divorce and family breakdown; communication and conflict; self regulation, partner regulation, and behavior change; care-giving and parenting; relationship education; and therapy and policy implications

The Couples Psychotherapy Treatment Planner, with DSM-5 Updates K. Daniel O'Leary 2015-01-07 This timesaving resource features: Treatment plan components for 35 behaviorally based presenting problems Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options A step-by-step guide to writing treatment plans that meet the requirements of most accrediting bodies,

insurance companies, and third-party payors Includes new Evidence-Based Practice Interventions as required by many public funding sources and private insurers PracticePlanners® THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The Couples Psychotherapy Treatment Planner, Second Edition provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. New edition features empirically supported, evidence-based treatment interventions New chapters on Internet sexual use, retirement, and parenthood strain Organized around 35 behaviorally based presenting problems including jealousy, midlife crisis, parenting conflicts, and sexual dysfunction Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options Easy-to-use reference format helps locate treatment plan components by behavioral problem Designed to correspond with The Couples Psychotherapy Progress Notes Planner, Second Edition and Couples Therapy Homework Planner, Second Edition Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA Additional resources in the PracticePlanners® series: Progress Notes Planners contain complete, prewritten progress notes for each presenting problem in the companion Treatment Planners.

Homework Planners feature behaviorally based, ready-to-use assignments to speed treatment and keep clients engaged between sessions. For more information on our PracticePlanners®, including our full line of Treatment Planners, visit us on the Web at: www.wiley.com/practiceplanners

Social Workers' Desk Reference Albert R. Roberts 2009 Following in the groundbreaking path of its predecessor, the second edition of the Social Workers' Desk Reference provides reliable and highly accessible information about effective services and treatment approaches across the full spectrum of social work practice. Succinct, illuminating chapters written by the field's most respected and experienced scholars and practitioners ensure that it will continue to be the sourcebook for all social workers. Social work practitioners and agency administrators are increasingly confronted with having to do more with less, and must make decisions and provide services as quickly as possible. The Social Workers' Desk Reference, Second Edition, builds on the landmark achievement of the first edition with thorough revisions and over 75 all-new chapters. Its outstanding wealth of well-tested knowledge, presented in a crisp, to-the-point manner, makes it an even more vital resource for time-pressed practitioners. Page after page offers an abundance of up-to-date information and key tools and resources such as practice guidelines, program evaluations, validated assessment scales, and step-by-step treatment plans necessary for success in today's managed-care environment. The growing importance of evidence-based practice in social work is reflected throughout the chapters, as well as by the inclusion of an entire section devoted to showing how to use evidence intelligently and efficaciously. The Social Workers' Desk Reference, Second Edition, speaks directly to the daily realities of social workers in private, non-profit, and public settings, whatever their expertise and in all areas of practice: assessment and diagnosis, ethics, risk assessment, program evaluation, and beyond. Case managers, clinical social workers, supervisors, and administrators alike who have come to rely on the previous volume will quickly find its successor just as indispensable.

Engaging Men in Couples Therapy David Shepard 2012-03-15 This book will help practitioners overcome one of the leading challenges in couples therapy: working effectively with the male partner. Men have unique needs and psychological issues that many clinicians may not recognize or know how to address. This volume presents chapters by the leading practitioners associated with current therapeutic models, including Emotionally Focused Couple Therapy, Imago Relationship Therapy, Integrated Behavioral Couple Therapy, and more. Using in-depth case examples, they demonstrate how their approaches can be adapted to be "male-sensitive" and respond to the ambivalence so many men experience about couples work. Special topics are also addressed, including infidelity, cultural diversity, working with veterans, and fathering issues. This book will enrich therapists' work with couples, making treatment a welcoming experience for both partners and the treatment process more gratifying for the

therapist.

Cognitive Behavioural Couple Therapy Michael Worrell 2015-04-17 Cognitive Behavioural Couple Therapy (CBCT) is an enhanced and contextually grounded approach that provides evidence-based strategies for working with couple distress, as well as individual psychopathology in the context of a distressed relationship. Cognitive Behavioural Couple Therapy: Distinctive Features explores this truly integrative and experiential way of working. This model has significantly widened the traditional CBT focus on cognition and behaviour to include an equal emphasis on emotion, stable individual differences and vulnerabilities, as well as an awareness of the importance of the environment and the wider context for couple relationships. Comprising 30 key points, and divided into two parts - Theory and Practice - this concise book includes numerous clinical examples that illustrate the key features of Cognitive Behavioural Couple Therapy. It will offer essential guidance for students, practitioners experienced in individual CBT, as well as practitioners of couple therapy from other theoretical orientations who require an accessible guide to the distinctive theoretical and practical features of this contemporary approach.

Family Psychology William M. Pinsof 2005-09 "Family Psychology: The Art of the Science moves the field of family psychology toward greater scientific sophistication and excellence by bringing together some of the best researchers in family psychology and giving them the opportunity to reflect together on the state of their research. This book is composed of five developmentally informed mini-books or manuals on major areas of great social and health relevance: marriage, depression, divorce and remarriage, partner violence, and families and physical health. Each manual critically examines the existing research in its area, systematically illuminating new directions for future research and discussing a wide range of relevant issues and diverse populations." "Family Psychology provides the next generation of theorists, researchers, and therapists with an in-depth and fresh look at the paths that have already been traveled as well as the paths that remain to be explored." "Family Psychology is an indispensable companion for scientists and practitioners interested in a road map for family psychology. The reflections of the top researchers in each area will sharpen the research knowledge and expertise of scientists and practitioners in these and related areas. For younger and more experienced researchers, as well as for those contemplating entering the field, the authors point to pathways and strategies for unraveling the key challenges in each area, offering well-researched and compelling insights to guide future investigation."--BOOK JACKET.

Acceptance and Mindfulness in Cognitive Behavior Therapy James D. Herbert 2011-02-25 Praise for Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies "One of the most fruitful aspects of the encounter between classical Buddhist knowledge and modern science has been the emergence of new therapeutic and educational approaches that integrate contemplative practice, such as mindfulness, and contemporary psychology methods, such as those of cognitive therapy. The systematic approach of this book, wherein the insights of both classical Buddhist and contemporary psychology are integrated, represents a most beneficial and powerful method of ensuring a healthy mind and heart." —His Holiness the Dalai Lama "What has been missing in the midst of partisan battles between orthodox CBT therapists and enthusiastic proponents of newer acceptance/mindfulness approaches is a reasoned, scientifically grounded discourse that would help researchers and clinicians alike sort through the various claims and counterclaims. This book, skillfully conceived and edited by James Herbert and Evan Forman, provides just such a sober and open-minded appraisal of a trend that has sometimes suffered both from too much hype from one side and too sweeping a rejection by the other. This volume encourages careful consideration of both positions and can advance evidence-based psychosocial therapy both conceptually and procedurally to the benefit of all." —From the Foreword by Gerald C. Davison, PhD, University of Southern California *Acceptance and Mindfulness in Cognitive Behavior Therapy: Understanding and Applying the New Therapies* brings together a renowned group of leading figures in CBT who address key issues and topics, including: Mindfulness-based cognitive therapy Metacognitive therapy Mindfulness-based

stress reduction Dialectical behavior therapy Understanding acceptance and commitment therapy in context

Relationship Dysfunction Louis J. Bevilacqua, MEd, PsyD 2007-01-29 This volume presents 18 different treatment modalities for the same case, demonstrating a rich variety of interventions available for treating relationship problems. Treatment approaches are divided into systems, psychodynamic, cognitive-behavioral, integrative therapies, and postmodern theories. For students who want to prepare for licensure or professional counselors and therapists who want to improve their practice with couples, this newly available and affordable paperback will be an essential resource.

What Works with Children, Adolescents, and Adults? Alan Carr 2008-08-18 *What Works with Children, Adolescents, and Adults?* provides an up-to-date review of research on the effectiveness of psychotherapy and psychological interventions with children, adolescents, adults, people in later life, and people with intellectual and pervasive developmental disabilities. Drawing on recent meta-analyses, systematic reviews, and key research studies in psychotherapy, this volume presents evidence for: the overall effectiveness and cost-effectiveness of psychotherapy the contribution of common factors to the outcome of successful psychotherapy the effectiveness of specific psychotherapy protocols for particular problems. This comprehensive, user-friendly guide will inform clinical practice, service development and policy. It will be invaluable to psychotherapists, service managers, policymakers, and researchers. *What Works with Children, Adolescents, and Adults?* offers a review of the evidence base for three Handbooks published by Routledge: *The Handbook of Child and Adolescent Clinical Psychology* (Carr, 2006), *The Handbook of Adult Clinical Psychology* (Carr & McNulty, 2006), and *The Handbook of Intellectual Disability and Clinical Psychology Practice* (O'Reilly, Carr, Walsh, & McEvoy, 2007).

Multicultural Couple Therapy Mudita Rastogi 2008-12 This a practical guide to multicultural counselling from a variety of perspectives.

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.

Cognitive-behavioral Therapies with Lesbian, Gay, and Bisexual Clients Christopher R. Martell 2004-01-01 "An important contribution for therapists in a range of settings, from CBT newcomers to experienced practitioners, this book will also be read with interest by students and residents in clinical and counseling psychology, couple and family therapy, psychiatry, clinical social work, and nursing. It is a uniquely informative text for courses in CBT, couple therapy, and clinical work with sexual minority clients."--BOOK JACKET.

Foundations for Couples' Therapy Jennifer Fitzgerald 2017-02-03 As a quality resource that examines the psychological, neurobiological, cultural, and spiritual considerations that undergird optimal couple care, *Foundations for Couples' Therapy* teaches readers to conduct sensitive and comprehensive therapy with a diverse range of couples. Experts from social work, clinical psychotherapy, neuroscience, social psychology, and health respond to one of seven central case examples to help readers understand the dynamics within each partner, as well as within the couple as a system and within a broader cultural context. Presented within a Problem-Based Learning approach (PBL), these cases ground the text in clinical reality. Contributors cover critical and emerging topics like cybersex, emotional well-being, forgiveness, military couples, developmental trauma, and more,

making it a must-have for practitioners as well as graduate students.

Encyclopedia of Human Relationships Harry T. Reis 2009-03-25 This encyclopedia provides a structure to understand the essential rudiments of human behaviour and interpersonal relationships

Reconcilable Differences Andrew Christensen 1999-10-06 Every couple has arguments, but what happens when recurring battles begin to feel like full-scale war? Do you retreat in hurt and angry silence, hoping that a spouse who "just doesn't get it" will eventually see things your way? Spend the time between skirmishes gathering evidence that you're right? Demand some immediate changes--or else? Whether due to innate personality traits or emotional vulnerabilities, there are some aspects of our behavior that are difficult to alter. But these differences do not have to get in the way of healthy, happy, and long-lasting romance. This practical guide offers new solutions for couples frustrated by continual attempts to make each other change. Aided by thought-provoking exercises and lots of real-life examples, readers will learn why they keep having the same fights again and again; how to keep small incompatibilities from causing big problems; and how true acceptance can restore health to their relationships.

Social Workers' Desk Reference Lisa Rapp-McCall 2022 "What makes the profession of social work distinctive and exciting? How do social workers differ from sociologists, psychologists, and other counselors, advocates, and helping professionals? Which degrees, licenses, and credentials can social workers obtain? And in what kinds of work, or fields of practice, can social workers specialize? All these questions are worth considering when one feels led to become a professional social worker"--

Acceptance and Change in Couple Therapy Neil S. Jacobson 1996

Clinical Psychology Stefan G. Hofmann 2017-10-23 The first book to offer a truly global perspective on the theory and practice of clinical psychology While clinical psychology is practiced the world over, up to now there has been no text devoted to examining it within a global context. The first book of its kind, *Clinical Psychology: A Global Perspective* brings together contributions from clinicians and scholars around the world to share their insights and observations on the theory and practice of clinical psychology. Due partly to language barriers and entrenched cultural biases, there is little cultural cross-pollination within the field of clinical psychology. In fact, most of the popular texts were written for English-speaking European and Anglo-American audiences and translated for other countries. As a result, most psychologists are unaware of how their profession is conceptualized and practiced in different regions, or how their own practices can be enriched by knowledge of the theories and modalities predominant among colleagues in other parts of the world. This book represents an important first step toward rectifying that state of affairs. Explores key differences and similarities in how clinical psychology is conceptualized and practiced with children, adolescents and adults across different countries and cultures Addresses essential research methods, clinical interviews, psychometric testing, neuropsychological assessments, and dominant treatment modalities Follows a consistent format with each chapter focusing on a specific area of the practice of clinical psychology while integrating cultural issues within the discussion Includes coverage of how to adapt one's practice to the differing cultures of individual clients, and how to work in multidisciplinary teams within a global context *Clinical Psychology: A Global Perspective* is a valuable resource for students, trainees, and practicing psychologists, especially those who work with ethnic minority groups or with interpreters. It is also a must-read for practitioners who are considering working internationally.

Couple Therapy for Depression David Hewison 2014 '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 Health and Care Excellence (NICE) for a behaviourally based couple therapy treatment, it draws on randomised controlled trial studies of efficacy as well as 'best practice' in behavioural, cognitive, emotionally focused, systemic, and psychodynamic couple therapies.

The Addiction Treatment Planner Robert R. Perkinson 2022-04-19 Clarify, simplify, and accelerate the treatment planning process so you can spend more time with clients. The Addiction Treatment Planner, Sixth Edition: provides all the elements necessary to quickly and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payers, and state and federal agencies. This valuable resource contains treatment plan components for 48 behaviorally based presenting problems including depression, intimate relationship conflicts, chronic pain, anxiety, substance use, borderline personality, and more. You'll save hours by speeding up the completion of time-consuming paperwork, without sacrificing your freedom to develop customized treatment plans for clients. This updated edition includes new and revised evidence-based objectives and interventions, new online resources, expanded references, an expanded list of client workbooks and self-help titles, and the latest information on assessment instruments. In addition, you'll find new chapters on some of today's most challenging issues- Opioid Use Disorder, Panic/Agoraphobia, Loneliness, and Vocational Stress. New suggested homework exercises will help you encourage your clients to bridge their therapeutic work to home. Quickly and easily develop treatment plans that satisfy third-party requirements. Access extensive references for treatment techniques, client workbooks and more. Offer effective and evidence-based homework exercises to clients with any of 48 behaviorally based presenting problems. Enjoy time-saving treatment goals, objectives and interventions- plus space to record your own customized treatment plan. This book's easy-to-use reference format helps locate treatment plan components by presenting behavioral problem or DSM-5 diagnosis. Inside, you'll also find a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA. The Addiction Treatment Planner, Sixth Edition: will liberate you to focus on what's really important in your clinical work.

Positive Approaches to Optimal Relationship Development C. Raymond Knee 2016-04-08 Integrates recent theoretical and empirical research on facilitating the optimal development of close relationships.

The Three Minds of Marriage Blanton, P. Gregg 2017-05-01 Have you ever found yourself talking past your partner? Does your spouse trigger unwelcome resentment in you or leave you annoyed, left out, unheard, or taken for granted? Do you find yourself wondering what happened to the intimacy, attention, and communication that used to come so naturally? If the answer to any of these questions is yes, then *The Three Minds of Marriage* is for you. Exploring the latest research on brain chemistry, longstanding psychotherapeutic principles, and the ancient practice of contemplative meditation, counselor Gregg Blanton reveals how we can train our own minds to foster communication, stop reactivity and defensiveness, and reignite closeness and understanding in our relationships. Full of practical advice, *The Three Minds of Marriage* is an ideal manual for any couple to read together to rediscover trust, companionship, and love.

An Introduction to Marriage and Family Therapy Joseph L. Wetchler 2014-08-27 Now in its second edition, this text introduces readers to the rich history and practice of Marriage and Family Therapy, with 32 professionals from across the US presenting their knowledge in their areas of expertise. This blend of approaches and styles gives this text a unique voice and makes it a comprehensive resource for graduate students taking their first course in Marriage and Family Therapy. The book is divided into three sections: Part 1 focuses on the components on which 21st century family therapy is based and summarizes the most recent changes made to not only therapeutic interventions, but to the very concept of "family." Part 2 presents an overview of the 7 major theoretical models of the field: structural, strategic, Milan, social constructionist, experiential, transgenerational, and cognitive-behavioral family therapy. Each chapter in this section • Focuses on the founder of the theory, its theoretical tenants, and its key techniques • Shows how the model focuses on diversity • Presents the research that supports the approach Part 3 addresses specific treatment areas that are common to marriage and family therapists, such as sex therapy, pre-marital therapy, research, and ethics and legal

issues. As an introduction to the field of Marriage and Family Therapy, this volume stands above the rest. Not only will readers gain an understanding of the rich history of the field and its techniques, but they will also see a complete picture of the context in which families are embedded, such as gender, culture, spirituality, and sexual orientation. This knowledge is the key to understanding what differentiates Marriage and Family Therapy from individual psychotherapy. Glossaries, case studies, tables, figures, and appendices appear generously throughout the text to present this information and give students a thorough overview to prepare them for their professional lives.

Social Workers' Desk Reference Kevin J. Corcoran 2015 People all over the world are confronted by issues such as poverty, a lack of access to quality education, unaffordable and/or inadequate housing, and a lack of needed health and mental services on a daily basis. Due to these issues, there is a need for social workers who have access to relevant and timely scholarly materials in order to meet the needs of those facing these issues. This third edition responds to the changes occurring in society and how they are impacting the education, research, and practice of social work as a whole. Each chapter is short and contains practical information in addition to websites and updated references. Social work practitioners, educators, students, and other allied professionals can utilize the Social Workers' Desk Reference to gain interdisciplinary and interprofessional education, practice, and research.

The Complete Adult Psychotherapy Treatment Planner Arthur E. Jongsma, Jr. 2021-05-11 The revised edition of the clinicians' time-saving Psychotherapy Treatment Planner Revised and updated, the sixth edition of The Complete Adult Psychotherapy Treatment Planner offers clinicians a timesaving, evidence-based guide that helps to clarify, simplify and accelerate the treatment planning process so they can spend less time on paperwork and more time with clients. The authors provide all the elements necessary to quickly and easily develop formal, customizable treatment plans that satisfy the demands of HMOs, managed-care companies, third-party payers and state and federal agencies. This revised edition includes new client Short-Term Objectives and clinician Therapeutic Interventions that are grounded in evidence-based treatment wherever research data provides support to an intervention approach. If no research support is available a best practice standard is provided. This new edition also offers two new presenting problem chapters (Loneliness and Opioid Use Disorder) and the authors have updated the content throughout the book to improve clarity, conciseness and accuracy. This important book: Offers a completely updated resource that helps clinicians quickly develop effective, evidence-based treatment plans Includes an easy-to-use format locating treatment plan components by Presenting Problem or DSM-5 diagnosis Contains over 3,000 prewritten treatment Symptoms, Goals, Objectives and Interventions to select from Presents evidence-based treatment plan components for 45 behaviorally defined Presenting Problems Suggests homework exercises specifically created for each Presenting Problem Written for psychologists, therapists, counselors, social workers, addiction counselors, psychiatrists, and other mental health professionals, The Complete Adult Psychotherapy Treatment Planner, Sixth Edition has been updated to contain the most recent interventions that are evidence-based.

Clinical Handbook of Couple Therapy Jay L. Lebow 2022-11-14 "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)"--

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.

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.

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.

Human Relationship Skills Richard Nelson-Jones 2006-09-27 *Human Relationship Skills: Coaching and Self-Coaching* presents a practical 'how to' guide to relationship skills, showing how readers can improve and, where necessary, repair relationships. This thoroughly revised and updated fourth edition reflects the increased interest in coaching, showing how it can be applied to everyday life. In this essential book, Richard Nelson-Jones takes a cognitive-behavioural approach to coaching people in relationship skills. These skills are viewed as sequences of choices that people can make well or poorly; covering a range of skill areas the book assists readers to make affirming rather than destructive choices in their relationships. It begins by addressing the questions of "what are relationship skills?" and "what are coaching skills?", and follows with a series of chapters which thoroughly detail and illuminate various relationship skills including: - listening and showing understanding - managing shyness - intimacy and companionship - assertiveness and managing anger - managing relationship problems and ending relationships The book concludes with a chapter on how users can maintain and improve their skills by coaching themselves. Accessibly written and using activities, the book will be appropriate for those involved in 'life coaching' as well as general counselling and therapy. It will be essential reading for lecturers, coaches and trainers as well as students and anyone who wishes to improve their relationship skills.

The Couples Psychotherapy Treatment Planner K. Daniel O'Leary 2010-12-22 THE BESTSELLING TREATMENT PLANNING SYSTEM FOR MENTAL HEALTH PROFESSIONALS The *Couples Psychotherapy Treatment Planner, Second Edition* provides all the elements necessary to quickly

and easily develop formal treatment plans that satisfy the demands of HMOs, managed care companies, third-party payors, and state and federal agencies. New edition features empirically supported, evidence-based treatment interventions New chapters on Internet sexual use, retirement, and parenthood strain Organized around 35 behaviorally based presenting problems including jealousy, midlife crisis, parenting conflicts, and sexual dysfunction Over 1,000 prewritten treatment goals, objectives, and interventions—plus space to record your own treatment plan options Easy-to-use reference format helps locate treatment plan components by behavioral problem Designed to correspond with The Couples Psychotherapy Progress Notes Planner, Second Edition and Couples Therapy Homework Planner, Second Edition Includes a sample treatment plan that conforms to the requirements of most third-party payors and accrediting agencies including CARF, The Joint Commission (TJC), COA, and the NCQA Additional resources in the PracticePlanners series: For more information on our PracticePlanners products, including our full line of Treatment Planners, visit us on the Web at: www.wiley.com/practiceplanners

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.

The Oxford Handbook of Clinical Psychology David H. Barlow 2014 The exponential growth of clinical psychology since the late 1960s can be measured in part by the extensive literature on the subject. The field has come to be defined as much by its many topics as its many voices. The Oxford Handbook of Clinical Psychology synthesizes these decades of literature in one volume. In addition to core sections on topics such as training, assessment, diagnosis, and intervention, the handbook includes chapters devoted to emerging issues in the clinical field, including health care reforms, cultural factors, and technological innovations and challenges. Each chapter offers a review of the most pertinent literature, outlining issues and identifying possibilities for future research.

Handbook of Cognitive-Behavioral Therapies, Fourth Edition Keith S. Dobson 2021-04-23 Now revised and expanded with over 50% new material, this definitive clinical reference is the text of choice for graduate-level courses in evidence-based psychotherapy. Foremost authorities describe the conceptual and scientific foundations of cognitive-behavioral therapy (CBT) and provide a framework for assessment and case formulation. Major approaches are reviewed in detail, including emotion-centered problem-solving therapy, rational emotive behavior therapy, cognitive therapy, schema therapy, mindfulness- and acceptance-based interventions, and dialectical behavior therapy (DBT). Applications to specific populations are discussed, including children and adolescents, couples, culturally diverse clients, and more. New to This Edition *Chapter on clinical assessment. *Chapter on DBT. *Chapters on transdiagnostic treatments, CBT-based prevention models, and improving dissemination and implementation. *Existing chapters extensively revised or rewritten to reflect important research and clinical advances.

Positive Couple Therapy Jefferson A. Singer 2014-03-05 Positive Couple Therapy: Using We-Stories to Enhance Resilience is a significant step forward in the couple literature. Utilizing a strengths-based approach, it teaches therapists and couples a unique method for uncovering positive potential within a relationship. The authors demonstrate how “We stories”—created, recovered and made anew—provide essential elements of connection. With vivid imagery, these stories capture the couple’s sense of “We-ness,” highlighting memorable moments of compassion, acceptance,

and respect. A shared commitment to the “We” simultaneously builds the relationship and enables each individual in the partnership to feel a greater degree of both accountability and autonomy. Couples that can find their stories, share them with each other, and then carry them forward to family, friends, and a larger community are likely to preserve a sense of mutuality that will thrive over a lifetime of partnership. Positive Couple Therapy provides simple and practical instruction for reclaiming positive stories that can catalyze hope in relationships that have become stressed and strained. The authors weave together cutting edge thinking and research in attachment theory, narrative therapy, neuroscience, and adult development, as well as their own research and clinical experience to present vivid case histories, step-by-step strategies, exercises, questionnaires, and interview techniques. They cover a range of contemporary couple experiences: couples in conflict, LGBT partnerships, deployed and discharged military couples, and couples at various points across the life span. The authors’ unique Me (to US) Scale, a 10-item tool that assesses the degree of mutuality a couple possesses at the start of treatment, gives therapists of any theoretical orientation the ability to put this intervention to immediate use.

A Roadmap for Couple Therapy Arthur C. Nielsen 2016-06-17 *A Roadmap for Couple Therapy* offers a comprehensive, flexible, and user-friendly template for conducting couple therapy. Grounded in an in-depth review of the clinical and research literature, and drawing on the author’s 40-plus years of experience, it describes the three main approaches to conceptualizing couple distress and treatment—systemic, psychodynamic, and behavioral—and shows how they can be integrated into a model that draws on the best of each. Unlike multi-authored texts in which each chapter presents a distinct brand of couple therapy, this book simultaneously engages multiple viewpoints and synthesizes them into a coherent model. Covering fundamentals and advanced techniques, it speaks to both beginning therapists and experienced clinicians. Therapists will find *A Roadmap for Couple Therapy* an invaluable resource as they help distressed couples repair and revitalize their relationships.

The Christian Therapist's Notebook Philip J. Henry 2012-03-22 Provide professionally sound and principled therapy based on the truth of God. Christians are faced with the same range of problems as everyone else. However, Christian therapists understand deeply the unique issues involved with their therapy. *The Christian Therapist’s Notebook* is a single source for innovative, user-friendly techniques for connecting the everyday world of the client with Christian principles and Scripture. This creative, timesaving guide assists therapists in helping clients achieve therapy goals through professionally sound and principled exercises while always maintaining a positive, supportive connection with Christian beliefs. Helpful features include Scripture references relevant to common problems, case studies, vignettes, professional resource lists, client resource lists, in-session exercises, homework exercises, and handouts. *The Christian Therapist’s Notebook* bases its success on three foundations: the truth of scripture; the centrality of Christ; and the guidance of the Holy Spirit. The book’s three sections include individuals, couples and families, and children and adolescents. Each chapter focuses on a single exercise to address an important issue that may be affecting the client. Chapters provide a guiding Scripture quote, an objective, rationale for use, clear and specific instructions, suggestions for a follow-up, a vignette illustrating the exercise’s success, contraindications, extensive resources, and related Scriptures. *The Christian Therapist’s Notebook* exercises include: “A New Creation,” which uses a Christogram to personalize the Biblical promises and truths of the spiritual transformation “Snapshots,” which reveals repetitive behavior patterns in relationships “Core Connections,” which helps the client explore the organization of relational core connections to other people as well as to God “Temptation Judo,” which explores the connection between temptation and needs while uncovering God’s promise of escape “Broken Mirrors,” which identifies unresolved issues affecting self-image and moves the client to a personal relationship with God “The Book of My Life,” which helps identify situations and people that have had an impact on clients, while helping them to acknowledge that God has a plan for them “Tearing Down Strongholds,” which helps take the client through the process of repentance “It Was Wrong,” which helps abuse victims deal

with pain and frustration “Bowing Down,” which helps to restore a healthy relationship “Panic Breaker,” which helps get to the root of client fears “Parenting after Divorce” “Self-esteem,” which helps children with self-concept and many, many more! The Christian Therapist’s Notebook is the answer for practicing therapists, counselors, interns, pastors, educators, and students searching for activities for client therapy based upon the truth of God.

Acceptance and Change in Couple Therapy Neil S. Jacobson 1998 An ideal text for all students of marital dynamics.

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