

Relationship Enhancement Family Therapy

Relationship Enhancement Therapy - Robert F. Scuka 2013-01-11

Relationship Enhancement Therapy (RE) is a couples-therapy system conceived of, designed, and first implemented by Bernard Guerney Jr., who integrated the client-centered theory of Carl Rogers, the interpersonal theory of Henry Stack Sullivan, the behavior modification and learning theories of Skinner and Bandura, and the psychodynamic theory of Freud, in formulating RE. In this book Dr. Scuka presents an up-to-date, comprehensive theoretical and practical treatment of RE, in which he gives the reader a guide to implementing the principles of this dynamic theory. The book is written principally with couples therapy in mind, although there is an acknowledged relevance to family therapy, and the author calls attention to the many skills and therapy techniques that would be applicable to family therapy. Though designed to allow a therapist of any level of experience to begin working with the RE model, this book is more than a standard cookbook, as it considers a variety of special RE therapy techniques, discusses the entire clinical intake process, the application of the RE model to the treatment of affairs, use with difficult clients, and family therapy issues such as domestic violence and stepfamilies.

The SAGE Encyclopedia of Marriage, Family, and Couples Counseling - Jon Carlson 2016-09-15

The SAGE Encyclopedia of Marriage, Family and Couples Counseling is a new, all-encompassing, landmark work for researchers seeking to broaden their knowledge of this vast and diffuse field. Marriage and family counseling programs are established at institutions worldwide, yet there is no current work focused specifically on family therapy. While other works have discussed various methodologies, cases, niche aspects of the field and some broader views of counseling in general, this

authoritative Encyclopedia provides readers with a fully comprehensive and accessible reference to aid in understanding the full scope and diversity of theories, approaches, and techniques and how they address various life events within the unique dynamics of families, couples, and related interpersonal relationships. Key topics include: Assessment Communication Coping Diversity Interventions and Techniques Life Events/Transitions Sexuality Work/Life Issues, and more Key features include: More than 500 signed articles written by key figures in the field span four comprehensive volumes Front matter includes a Reader's Guide that groups related entries thematically Back matter includes a history of the development of the field, a Resource Guide to key associations, websites, and journals, a selected Bibliography of classic publications, and a detailed Index All entries conclude with Further Readings and Cross References to related entries to aid the reader in their research journey

Intimate Couple - Jon Carlson 2013-06-17

As important as intimacy is in our personal and professional lives, intimacy as a theoretical and clinical factor still remains a phenomenon. Contributors to this work examine the many definitions of intimacy, putting forth a provocative discussion of the multi-faceted topic and offering the best possible clinical methods of creating intimacy and addressing its challenges.

Relationship Enhancement - Bernard G. Guerney 1977

Outlines a practical method of therapy for developing the skills needed to enrich personal relationships and avoid problems that commonly occur.

Group Filial Therapy - Louise Guerney 2013-04-28

In Group Filial Therapy (GFT), therapists train parents to conduct play sessions with their own children to help meet children's therapeutic

needs, and to transfer appropriate skills to family life. Based on parents' application of Child-Centred Play Therapy, taught and supervised by filial therapists, this evidence-based method is highly effective for working with families from diverse backgrounds and locations. This book provides an accessible guide to the theory and practice of GFT, and for the first time offers step-by-step guidelines for implementing the GFT program developed by Dr Guernsey, the co-creator of Filial Therapy. Important practical considerations are addressed by Dr Guernsey and Dr Ryan, such as how to determine the composition of groups and the duration of programs, and how to conduct Filial Therapy intakes. The facilitative attitudes and skills needed to be an effective Filial Therapy group leader are also described, and comprehensive instructions for implementing Dr Guernsey's 20-week model of GFT are provided. The book closes with examples of how the program may be adapted to meet the needs of special groups. Replete with examples and dialogues bringing to life the group process, this definitive guide will enable therapists already familiar with the method, as well as those wishing to learn it, to maximise the fulfilment of therapeutic goals for participating families. Practitioners in mental health, social services and counselling, as well as parenting experts, play and filial therapists and therapists in training will find that this book expands and enriches the services they can offer their clients.

Relationship Enhancement - Bernard Guilbert Guernsey 1977

Sync Your Relationship, Save Your Marriage - Peter Fraenkel, Ph.D. 2011-03-15

Award-winning couples therapist Peter Fraenkel argues that most relationship problems can be traced to partners being out of sync on the powerful but mostly hidden dimension of time. Differences in daily rhythms, personal pace, punctuality, time perspective, and priorities about how time is allocated can all lead to couple conflict. Yet the fascinating fact is that these polarizing time differences play a potent role in attracting lovers in the first place. In this trailblazing new book, he draws on his original research to show how a clearer understanding

of these forces can improve the health of your relationship and even rescue a failing one.

A Clinician's Guide to Maintaining and Enhancing Close Relationships - John H. Harvey 2001-11

In the past 10 years, there has been a substantial increase in the number of theoretical and empirical investigations into the maintenance and enhancement of close, romantic relationships. This literature targets the everyday behaviors, expressions of love, and cognitive styles that characterize such relationships. Chapters provide a sampling of the expanse of topics in the domain of how clinical scholars and practitioners address the timely topic of maintaining and enhancing close romantic relationships, including marriage. A distinguished group of scholars and therapists discuss specific problems, such as alcoholism and therapeutic interventions, such as insight therapy. Topics include maintenance issues relevant to: depression, anxiety disorders, the role of children in affecting close relationships, how premarital therapy may serve as an antidote to early relationship problems, forgiveness, remarriage issues, and peer marriage. This volume is intended for practitioners in the field of close romantic relationships, such as marriage, family and relationship therapists, and clinicians.

Preventive Approaches in Couples Therapy - Rony Berger 2013-06-17
Preventive Approaches in Couples Therapy is the first thorough overview of the leading approaches to preventing marital distress and dissolution. Written for professionals, paraprofessionals, and lay people involved in the development and implementation of preventive programs, the editors have created a resource accessible to all those in the field of couples therapy. The volume serves as an important resource for programs that the therapist may already use and as an insightful introduction into new programs that can strengthen and invigorate these existing therapeutic approaches.

Comparative Treatments for Relationship Dysfunction - Frank M. Dattilio 2000-06-06

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Mindfulness-Based Treatment Approaches - Ruth A. Baer 2015-07-14 Eastern spiritual traditions have long maintained that mindfulness meditation can improve well-being. More recently, mindfulness-based treatment approaches have been successfully utilized to treat anxiety, depressive relapse, eating disorders, psychosis, and borderline personality disorder. This book discusses the conceptual foundation, implementation, and evidence base for the four best-researched mindfulness treatments: mindfulness-based stress reduction (MBSR), mindfulness-based cognitive therapy (MBCT), dialectical behavior therapy (DBT) and acceptance and commitment therapy (ACT). All chapters were written by researchers with extensive clinical experience. Each chapter includes the conceptual rationale for using a mindfulness-based treatment and a review of the relevant evidence base. A detailed case study illustrates how the intervention is implemented in "real life,"

exploring the clinical and practical issues that may arise and how they can be managed. This book will be of use to clinicians and researchers interested in understanding and implementing mindfulness based treatments. * Comprehensive introduction to the best-researched mindfulness-based treatments * Covers wide range of problems & disorders (anxiety, depression, eating, psychosis, personality disorders, stress, pain, relationship problems, etc) * Discusses a wide range of populations (children, adolescents, older adults, couples) * Includes wide range of settings (outpatient, inpatient, medical, mental health, workplace) * Clinically rich, illustrative case study in every chapter * International perspectives represented (authors from US, Canada, Britain, Sweden)

Child-Centered Play Therapy - Risë VanFleet 2011-02-18

Highly practical, instructive, and authoritative, this book vividly describes how to conduct child-centered play therapy. The authors are master clinicians who explain core therapeutic principles and techniques, using rich case material to illustrate treatment of a wide range of difficulties. The focus is on nondirective interventions that allow children to freely express their feelings and take the lead in solving their own problems. Flexible yet systematic guidelines are provided for setting up a playroom; structuring sessions; understanding and responding empathically to children's play themes, including how to handle challenging behaviors; and collaborating effectively with parents.

Marriage and Family Enrichment - Wallace Denton 1986

A comprehensive overview of the history, present status, and future directions of the marriage and family enrichment movement.

Relationship enhancement - Bernard Guilbert Guerney 1979

Evidence-based Approaches to Relationship and Marriage Education - James J. Ponzetti, Jr. 2015-07-16

This is the first book to provide a comprehensive, multidisciplinary overview of evidence-based relationship and marriage education (RME) programs. Readers are introduced to the best practices for designing, implementing, and evaluating effective RME programs to better prepare

them to teach clients how to have healthy intimate relationships. Noted contributors from various disciplines examine current programs and best practices, often by the original developers themselves. Readers learn to critically appraise approaches and design and implement effective, evidence-based programs in the future. Examples and discussion questions encourage readers to examine issues and apply what they have learned. The conceptual material in Parts I & II provides critical guidance for practitioners who wish to develop, implement, and evaluate RME programs in various settings. Chapters in Parts III & IV follow a consistent structure so readers can more easily compare programs-- program overview and history, theoretical foundations, needs assessment and target audience, program goals & objectives, curriculum issues, cultural Implications, evidence based research and evaluation, and additional resources. This book reflects what the editor has learned from teaching relationship development and family life education courses over the past decade and includes the key information that students need to become competent professionals. Highlights of the book's coverage include: Comprehensive summary of effective evidence-based RME training programs in one volume. Prepares readers for professional practice as a Certified Family Life Educator (CFLE) by highlighting the fundamentals of developing RME programs. Describes the challenges associated with RME program evaluation. The book opens with a historical overview of RME development. It is followed by 20 chapters divided in six parts. The initial four chapters focus on fundamentals of relationship and marriage education --program development, required training, delivery systems, and implementation. The three chapters in Part II consider important conceptual and theoretical frameworks used in RME. Part III considers best practices in inventory based programs while Part IV examines six skills-based programs. The chapters in Parts III and IV consider program overview and history, theoretical foundations, needs assessment and target audience, program goals and objectives, curriculum issues, cultural implications, evidence-based research & evaluation, and additional resources. This content covers four categories of effective programs -- design and content, relevance, delivery and

implementation, and assessment and quality assurance. Part V presents evidence-based RME with diverse groups and Part VI reviews future directions. Intended for use in advanced undergraduate or graduate courses in relationship and marriage education, family life education, marriage and relationship counseling/therapy, intimate relationships, relationship development, or home/school/community services taught in human development and family studies, psychology, social work, sociology, religion, and more, this ground-breaking book also serves as a resource for practitioners, therapists, counselors, clergy members, and policy makers interested in evidence based RME programs and those seeking to become Certified Family Life Educators or preparing for a career in RME.

The Relational Trauma of Incest - Marcia Sheinberg 2000-11-03
Presents an innovative approach to the confusions and dilemmas experienced by families in which incest has occurred. While not all incestuously abused children have the classic diagnostic symptoms of trauma, virtually all experience "relational trauma". Integrating social constructionist, feminist, and systems thinking, this treatment model focuses on strengthening the child's protective relationships, mobilizing families to help resolve the child's emotional and behavioral symptoms, and building resiliency.

Relationship Enhancement Family Therapy - Barry G. Ginsberg
1997-03-28

Self-sufficiency should be the goal of any therapeutic undertaking. Pioneered by Bernard Guerney in the 1950s, and proven effective over several decades, relationship enhancement (RE) therapy aims at training clients in the skills they need to identify and resolve causes of stress and discord within the family for themselves. Authored by a senior clinician who trained under Bernard Guerney, Relationship Enhancement Family Therapy is the first comprehensive guide to the theory and practice of this valuable approach to family therapy. Dr. Ginsberg begins with a thorough review of the theoretical underpinnings of RE, followed by a delineation of the role of the therapist in RE. Bolstered by extensive case studies, the remainder of the book is devoted to providing clinicians with

practical guidelines for applying RE methods.

An Introduction to Marriage and Family Therapy - Lorna L. Hecker 2003

The editors have compiled insight and analysis from 20 experts in the theoretical and practice areas of family therapy. Topics covered include couples therapy, communication training, marital enrichment, premarital counselling, substance abuse, divorce, gender and culture, family violence and sexual dysfunctions.

Relationship Enhancement Therapy - Bernard Guerney (Jr) 1987

Set that includes: a guide, a manual, 9 videotapes, and one audiotape.

Effectiveness Research in Marriage and Family Therapy - Douglas H. Sprenkle 2002

This volume offers compelling evidence that marriage and family (MFT) has made major strides in becoming a more evidence-based discipline.

Relationship Enhancement Family Therapy:

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