

# Counselling Couples In Relationships

## Christopher Butler

**Wisdom and Compassion in Psychotherapy** - Christopher K. Germer 2014-01-01

Bringing together leading scholars, scientists, and clinicians, this compelling volume explores how therapists can cultivate wisdom and compassion in themselves and their clients. Chapters describe how combining insights from ancient contemplative practices and modern research can enhance the treatment of anxiety, depression, trauma, substance abuse, suicidal behavior, couple conflict, and parenting stress. Seamlessly edited, the book features numerous practical exercises and rich clinical examples. It examines whether wisdom and compassion can be measured objectively, what they look like in the therapy relationship, their role in therapeutic change, and how to integrate them into treatment planning and goal setting. The book includes a foreword by His Holiness the Dalai Lama.

**Brief Therapy for Post-Traumatic Stress Disorder** - Stephen Bisbey 1998-05-08

Therapists and counsellors, in training and practice, will welcome this concise and practical introduction to the TIR approach for helping clients with PTSD and other human traumas. The book is application-based, providing a step-by-step guide from initial assessment to the last counselling session, illustrated with many examples from actual sessions. TIR is a person-centred, structured approach which can achieve symptom resolution in a brief course of counselling (often about 20 hours) respect and value the client's experience and needs work alongside a variety of therapy methods in a holistic way minimise the risk of re-traumatization The authors provide a review of the major theories of stress and trauma, and of other methods of working with clients that are most useful alongside the TIR approach, an approach that is useful for a wide range of 'normal life' traumas, not just PTSD.

The SAGE Encyclopedia of Marriage, Family,

and Couples Counseling - Jon Carlson 2016-10-11

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

Forthcoming Books - Rose Arny 2001-06

**Books in Print Supplement** - 2002

The British National Bibliography - Arthur James Wells 1999

**Relationships and Emotions After**

**Christendom** - Jeremy Thomson 2016-06-01

This accessible and practical book is a mixture of selected theological and psychological insights into key human emotions and relationships. Its aim is to help Christian people and churches to behave in relationships and handle emotions in constructive and liberating ways. It argues that, after Christendom, particular attention should be given to how Christians conduct day-to-day relationships, and that developing emotional literacy should be high on churches' agendas.

**Doing Couple Therapy** - Tobey Bobes

2002-04-30

How do couples get beyond the reactivity and blaming that destroy self-esteem and good will? How can couples sort out the multiple layers and complexities in their relationships? Is it possible to move from impasse to dialogue? Here, in one brief volume, are the answers to these questions and many others. Doing Couple Therapy will be a lifesaver for family therapy students and beginning therapists. In a straightforward manner, the authors sift through years of family therapy theory to draw out for readers a treasury of ways to sort out the many factors, past and present, that crowd couples' relationships. These include family-of-origin issues, previous relationships, secrets, children, in-laws, unresolved issues, job demands, financial worries—to name just a few. The authors' framework, built from the major influential theories of family and marital therapy, will enable therapists to work effectively and briefly, though not superficially, with couples. The book not only presents theory but also links theory with practice. An extraordinary contribution is the presentation of a typical case from beginning to end, through tender moments, rough spots, family-of-origin work, revelation of deeply held secrets, alcohol abuse, ultimatums, and finally, renewal of commitment to the relationship. This practical, real-life guide to couple therapy will give both students and seasoned therapists a new take on the demanding work of couple therapy.

**Emotionally Focused Couple Therapy For Dummies** - Brent Bradley 2013-07-15

A practical, down-to-earth guide to using the world's most successful approach to couple therapy. One of the most successful therapeutic approaches to healing dysfunctional

relationships, emotionally focused couple therapy provides clients with powerful insights into how and why they may be suppressing their emotions and teaches them practical ways to deal with those feelings more constructively for improved relationships. Unlike cognitive-behavioural therapy, which provides effective short-term coping skills, emotionally focused therapy often is prescribed as a second-stage treatment for couples with lingering emotional difficulties. Emotionally Focused Couple Therapy For Dummies introduces readers to this groundbreaking therapy, offering simple, proven strategies and tools for dealing with problems with bonding, attachment and emotions, the universal cornerstones of healthy relationships. An indispensable resource for readers who would like to manage their relationship problems independently through home study. Delivers powerful techniques for dealing with unpleasant emotions, rather than repressing them and for responding constructively to complex relationship issues. The perfect introduction to EFT basics for therapists considering expanding their practices to include emotionally focused therapy methods. Packed with fascinating and instructive case studies and examples of EFT in action, from the authors' case files. Provides valuable guidance on finding, selecting and working with the right EFT certified therapist.

Counselling Couples in Relationships -

Christopher Butler 1998-02-04

RELATE (originally the National Marriage Guidance Council) is probably the largest and most successful service of its kind in the world. For over 50 years, helping many hundreds of thousands of couples and individuals, it has developed an approach to couple counselling that is based on acknowledgment of the uniqueness of individual clients and their relationships, a respect for their autonomy and cultural differences, and a commitment to counselling with empathy, genuineness and warmth. The authors of this book are excellently qualified to provide this unique account of the RELATE Approach in action: both were trained by RELATE, both have very substantial counselling experience, and both have supervised the work of other RELATE counsellors for several years. The ever-changing

characteristics of relationships and family life are fully recognised in the RELATE Approach, which helps clients to find their solutions to difficulties of family life, transitions, separation, divorce, sexuality, gender and identity, by helping them to find meanings in the patterns of their relationships, and to make sense of emotions, thoughts and actions in themselves and their partner. This book is designed to enrich and stimulate the work of counsellors working within a wide range of counselling models and traditions. This is not a prescriptive manual but rather an informed guide to the RELATE Approach, which includes many illustrative examples and (invented) case studies. The RELATE Approach still depends upon the counsellor's repertoire of counselling skills, but offers a three-stage counselling model (exploration, understanding, action) made operational within the format of brief, time-limited therapy. "The counsellors with RELATE and its predecessor, the Marriage Guidance movement, were the founders of counselling as we know it today. The approaches to counselling which they have developed have wide application. Butler and Joyce write very well and I found this book clear and full of good ideas for clinical practice. I can confidently recommend the book to all who care for couples in relationships." C. Murray Parkes OBE, MD, FRCPsych "A useful introduction to RELATE's three-stage model of couple counselling and some of the concepts on which it is based." Christopher Clulow, Director of the Tavistock Marital Studies Institute

Uncoupling Convention - Ann D'Ercole  
2013-06-17

What does it mean to be member of a gay/lesbian couple or family? The contributors to *Uncoupling Convention: Psychoanalytic Approaches to Same-Sex Couples and Families* address this question by drawing on two cultural movements of the twentieth century: psychoanalysis and the gay/lesbian civil rights movement. Taken together, these traditions provide a framework for understanding, and providing psychotherapeutic assistance to, gay and lesbian patients who present with troubled relationships. The contributors to this volume espouse a clinical focus that supplants the heterosexual perspectives of traditional

psychoanalysis with new narratives about family life. Drawing on cultural, feminist, gay/lesbian, and queer studies, they illustrate how concepts of gender and sexuality are routinely informed by unproven heterosexist assumptions - both conscious and unconscious. By examining the changing developmental needs and family dynamics of gay and lesbian families, the contributors broaden our very understanding of what a family is. They illustrate how contrasting cultural constructions of homosexuality and family life play out in same-sex couples. They delineate the multiple realities of gender subjectivity, both in children and in their gay parents. They ponder how technology is shaping reproductive experiences, as lesbians become part of the biomedical system. And they explore recurrent themes of feeling different and ashamed, including the shameful secrecy surrounding same-sex couples' financial matters. In uncoupling conventions, the contributors are effectively coupling post-Freudian psychoanalysis with the insights of queer theory and the critical edge of contemporary cultural studies. The result is a framework for addressing the relational and family-related challenges of gay and lesbian patients that ranges far beyond traditional approaches and will benefit analytic, couples, and family therapists alike.

*Motivational Interviewing in Health Care* - Stephen Rollnick 2008-01-01

Written specifically for health care professionals, this concise book presents powerful tools to enhance communication with patients and guide them in making choices to improve their health, from weight loss, exercise, and smoking cessation, to medication adherence and safer sex practices.

**Baby Shock!** - Elizabeth Martyn 2011-06-08  
*Babyshock!* is for any parents who have forgotten what it's like to be a couple because their children have taken over their lives. The experiences of pregnancy, childbirth and caring for children are wonderful, but also put a great deal of pressure on a relationship. This book identifies the pressures and provides excellent practical and emotional strategies so that you can enjoy parenthood while also nurturing your own relationship with each other. This immensely practical guide will help you: - Create time for yourself - Improve your sex life -

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Manage the demands of work and family - Work through disagreements and agree on how you will bring up the children Packed with questionnaires, check lists and anecdotes, Babys shock! will help you keep your relationship alive and get the very best out of family life, together.

Brief Group Counselling - Michael J. Scott  
1998-06-11

Counselling and therapy in small groups is manageable, effective, efficient, and an increasingly important part of the repertoire of the busy practitioner. This book is an up-to-date and accessible guide to the principles and practice of working with small groups, using a cognitive-behavioural perspective. The context is work with groups of 5-8 clients in programmes of brief therapy consisting of 10 group sessions supplemented, where necessary, by individual counselling sessions. Therapists and counsellors will welcome this book for its Focus on group treatment combined with individual client assessment Treatment of four common emotional problems? Generalized Anxiety, Panic with Agoraphobia, PTSD, and Depression. Detailed examples of programmes in these areas, together with follow-up sessions Guidance on the concepts and techniques of cognitive-behavioural counselling, as well as the issues which arise in practice. Realistic techniques for auditing the effectiveness of brief therapy and counselling programmes "This important book opens up new opportunities to apply proven cognitive-behavioural methods in small group settings. The methods described are eminently practical and the authors have taken pains to prepare the individual counsellor for the challenges of group work. It is strongly recommended for counsellors, social workers and clinical psychologists seeking to treat anxiety and depression in a more cost-effective way". Professor Chris Brewin, Royal Holloway University of London This book appears in the Wiley Series in Brief Therapy and Counselling Series Editor: Windy Dryden Goldsmiths College, University of London, UK

**Emotion Regulation and Mental Health in Older Adults** - Gary Christopher 2023-04-20

Why the Gospel of Thomas Matters - Gethin Abraham-Williams 2015-07-31

By setting selected sayings from the Gospel of Thomas alongside the disciple's own words from the Fourth Gospel, this book challenges the myth of 'doubting Thomas', arguing that 'incertainty' is an essential element of any authentic faith experience. In an age of increasing anti-semitism and religious intolerance, it also affirms the importance of the Gospel of Thomas in recovering the essential Jewishness of Jesus. Far from undermining the Christian tradition of the Church and its canonical scriptures, this book shows how the Gospel of Thomas complements both, inviting the reader to reconsider the healthy significance of the Apostle of the Enquiring Mind.

*Cumulated Index to the Books* - 1999

Couples Counseling - Marina Iandoli Williams  
Lmhc 2012-05-14

A session by session guide book for mental health practitioners on how to conduct evidence-based couples counseling. The book guides the therapist step by step through twelve sessions, and covers everything from the very first client phone call all the way through termination. *American Book Publishing Record Cumulative 1998* - R R Bowker Publishing 1999-03

*Developing Self-Acceptance* - Windy Dryden  
1998-05-07

One of the world's leading practitioners, thinkers and teachers in the field of psychotherapy and counselling here presents an account of how to run brief, structured, educationally oriented groups which aim to develop self-acceptance as a step in helping clients who have emotional problems. Windy Dryden illustrates the process and practicalities of running self-acceptance groups with a detailed session-by-session review of his own practice with one group, using the Rational Emotive Behaviour Therapy approach with which he is so much associated. This book offers to students and practitioners of therapy and counselling \* An introduction to the principles of REBT and some valuable developments of the approach which will interest even experienced followers of REBT \* A powerful process for building self-acceptance, rather than self-esteem, in a way which stresses a person's uniqueness, humanity, complexity and fallibility

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\* Clear, practical guidance on how therapists and counsellors can use and present these principles and processes within structured, educational groups "Windy Dryden has done it again ... he has taken one of the key theories of REBT, added to it considerably, and shown in detail how it can be successfully implemented by teachers, and by therapists with their clients ...

(he) has done a great service to emotional education by providing us with this sound and practical manual." From the Foreword by Albert Ellis, President, Albert Ellis Institute for REBT, New York This book appears in the Wiley Series in Brief Therapy and Counselling Series Editor: Windy Dryden Goldsmiths College, University of London, UK

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