

# Cognitive Behavioral Couples Therapy Techniques

Clinical Handbook of Couple Therapy, Fourth Edition Clinical Handbook of Couple Therapy, Fifth Edition Behavioral Couples Therapy for Substance Abuse: Rationale, Methods, and Findings: A Reprint from *Science and Practice Perspectives* The Corsini Encyclopedia of Psychology, Volume 1 Dynamics of Couples Therapy Textbook of Family and Couples Therapy Solving Problems In Couples And Family Therapy Couples Therapy Treatment of Sexual Problems in Individual and Couples Therapy Techniques in Marriage and Family Counseling Emotion-focused Couples Therapy The Gender Dance in Couples Therapy Couples in Treatment Couple Therapy The Technique of Psychotherapy Enhancing Psychodynamic Therapy with Cognitive-Behavioral Techniques Marriage Contracts and Couple Therapy Strategies and Techniques in Family Therapy Handbook of Marital Interventions Couple Therapy Alan S. Gurman Alan S. Gurman Irving B. Weiner Jurg Willi G. Pirooz Sholevar Robert Sherman Linda Berg-Cross Robert Atkins Brown Richard E. Watts Leslie S. Greenberg Mark Worden Gerald Weeks Douglas Hooper Lewis Robert Wolberg Terry Brumley Northcut Clifford J. Sager James C. Hansen Luciano L'Abate Frank Bockus

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Interventions Couple Therapy *Alan S. Gurman Alan S. Gurman Irving B. Weiner Jurg Willi G. Pirooz Sholevar Robert Sherman Linda Berg-Cross Robert Atkins Brown Richard E. Watts Leslie S. Greenberg Mark Worden Gerald Weeks Douglas Hooper Lewis Robert Wolberg Terry Brumley Northcut Clifford J. Sager James C. Hansen Luciano L'Abate Frank Bockus*

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

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

psychologists researchers teachers and students need complete and comprehensive information in the fields of psychology and behavioral science the corsini encyclopedia of

psychology volume one has been the reference of choice for almost three decades this indispensable resource is updated and expanded to include much new material it uniquely and effectively blends psychology and behavioral science the fourth edition features over 1 200 entries complete coverage of dsm disorders and a bibliography of over 10 000 citations readers will benefit from up to date and authoritative coverage of every major area of psychology

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

table of contents part i introduction family theory and therapy an overview part ii family therapy theory and techniques introduction to family theories structural family therapy constructing therapy from strategic to systemic to narrative models psychodynamic family therapy multigenerational family systems theory of bowen and its application contextual therapy behavioral family therapy psychoeducational family intervention social network intervention gender sensitive family therapy techniques of family therapy family theories conclusion part iii family assessment initial and diagnostic family interviews family assessment the family life cycle a framework for understanding family development functional and dysfunctional families diagnosis of family relational disorders part iv family therapy with children and adolescents family therapy with children and adolescents an overview family therapy with children a model for engaging the whole family parent management training part v marital therapy marital therapy an overview psychodynamic couples therapy behavioral couples therapy the divorcing family characteristics and interventions the remarried family characteristics and interventions marital enrichment in clinical practice sex therapy at the turn of the century new awareness and response part vi family therapy with different disorders family variables and interventions in

schizophrenia depression and the family interpersonal context and family family intervention and psychiatric hospitalization national alliance for the mentally ill nami and family psychiatry working toward a collaborative model alcoholic and substance abusing families family intervention with incest family therapy with personality disorders the impact of culture and ethnicity on family medical family therapy part vii research in family and marital therapy the state of family therapy research a positive prognosis couples therapy research status and directions conclusion and future directions references index

aimed primarily at clinicians who are required to find ways to interrupt patterns of destructive behaviour in couples and families this text provides a compilation of multi disciplinary techniques and flexible strategies to accomplish 14 major therapeutic tasks

chapter features also include self assessment questionnaires that therapists can easily use with clients therapeutic exercises that couples can use either in sessions or on their own to set goals for improvement and recommended books and videos for clients therapeutic strategies are presented through case examples detailed intervention techniques outlines that detail how to run couples groups and questions that deepen the clinician s understanding of the issues covered in the chapter

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and s perkins section 3 special problems and special populations 11 understanding and treating jealousy g white t r m helbick and g l white 12 the treatment of women s sexual dysfunctions arising from sexual assault j e sprei and c a courtois 13 clinical implications of research on extramarital involvement s p glass and t l wright 14 erotosexual orientation understanding and treating homosexuals g k lehne 15 ethical issues in sex therapy r a brown and r n sollod

in emotion focused couples therapy the dynamics of emotion love and power authors leslie s greenberg and rhonda n goldman explore the foundations of emotionally focused therapy for couples they expand its framework to focus more intently on the development of the self and the relationship system through the promotion of self soothing and other soothing to deal with unmet needs both from the client s adulthood and childhood and to work more explicitly with emotions specifically fear anxiety shame power joy and love the authors discuss the affect regulation involved in three major motivational systems central to couples therapy attachment identity and attraction and clarify emotions and motivations in the dominance dimension of couples interactions written with practitioners and graduate students in mind the authors use a rich variety of case material to demonstrate how working with emotions can facilitate change in couples and by extension in all situations where people may be in emotional conflict with others greenberg and goldman provide the tools needed to identify specific emotions and show the reader how to work with them to resolve conflict and promote bonding in couples therapy

with a focus on gender based research worden and worden s new book offers a truly unique look at the perception of gender and the impact of gender biases and predispositions on the couple and the client therapist relationship while the gender dance in couples therapy offers essential theoretical coverage the main emphasis is on application the book s in depth case study takes you through specific phases of couples therapy from the first interview through termination always through the lens of gender you ll find the book s concrete guidelines for assessment and intervention particularly regarding common impasses in the treatment process to be invaluable in your examination of this growing and ever changing field

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

this handbook reviews therapy and counselling with couples whether they be married cohabiting 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

defending theoretical areas may be one way to cope with external impingements on clinical practice but advancements are needed to enhance and improve the work this text explores an approach based on applying cognitive behaviour techniques in psychodynamic clinical practice it aims to help understand theoretical and practical of the strengths and limitations of the approach as well as how to determine when to combine approaches when treating couples children adolescents older adults even cases of abuse and chemical dependency

emphasises the significant role of the individual unwritten contract encompassing the expectations and promises both conscious and unconscious that each partner brings to a marriage or committed relationship when expectations do not mesh the need for therapy becomes evident

table of contents 1 the field of marital interventions and therapies part 1 educational and preventive social skills training methods 2 assertiveness training 3 communication training programs 4 covenant contracting 5 encounter 6 relationship enhancement 7 enrichment 8 conflict resolution 9 problem solving 10 the treatment of sexual dysfunction part 2 remedial techniques therapeutic interventions 11 behavioral marital therapy 12 counseling and psychotherapy part 3 preventing and dealing with marriage breakdown 13 premarital programs and counseling 14 divorce mediation 15 divorce and postdivorce interventions part 4 issues in marital intervention 16 marital interaction theories and research 17 the training of marital therapists 18 conclusions current issues in methods of marital intervention app a the assessment of assertive behavior selected references app b the

measurement of communication in couples app c guidelines for covenant writing with couples app d intimacy enrichment program app e selected annotated references app f some experimental marriage assessment procedures

this work describes how therapists combine a theoretical point of view special language and clinical examples it demonstrates the therapist s conceptualisations about the therapy as well as the therapy s content it should be useful to any experienced therapist regardless of discipline

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