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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 contributors 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 discusses 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 metatraditions 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.

Clinical Handbook Of Couple Therapy, Fifth Edition-Alan S. Gurman 2015-06-02 Regarded as the authoritative reference and text, this handbook presents the most effective, widely studied approaches to couple therapy. The distinguished contributors 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 discusses 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 metatraditions 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.

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.

Handbook of Couple Issues in Couple Therapy-Joseph L. Wetchler 2011-03-01 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 researched, 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.

Handbook of Couples Therapy-Michele Harway 2005-01-21 The essential guide to successful couples therapy at every stage of the lifecycle. A variety of therapeutic interventions can help couples develop the tools for a successful relationship. Yet many practitioners begin seeing couples without extensive training in couples work. To fill this gap in their therapeutic repertoires, noted couple therapist Michele Harway brings together other well-known experts to姻婚姻 and family therapy to offer the Handbook of Couples Therapy, a comprehensive guide to the study and practice of couple therapy. The book's chapters provide a variety of perspectives along developmental, theoretical, and situational lines. Recognizing the need for clinically proven, evidence-based approaches, chapters provide detailed coverage of the most effective treatment modes. Couples at different stages of the lifecycle feature prominently in the text, as do relevant special issues and treatment approaches for each stage. Subjects covered include: Premarital counseling from the PAIRS perspective (an extensive curriculum of interventions for premarital couples) The first years of marital commitment Couples with young children Couples with adolescents Therapy with older couples Same sex couples A variety of theoretical approaches, including Cognitive-Behavioral, Object Relational, Narrative, Integrative, and Feminist and Contextual Special issues and situations, including serious illness, physical aggression, addiction, infidelity, and religious/spiritual commitments or conflicts Providing a diverse set of treatment approaches suited to working with a wide range of adult populations, the Handbook of Couples Therapy is an essential resource for mental health professionals working with couples. 

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, edited by Alan S. Gurman, which presents in-depth illustrations of treatment.

Clinical Handbook of Marriage and Couples Interventions-W. Kim Halford 1997-04-03 The majority of people, in cultures worldwide, seek fulfillment and happiness in marriage and couples relationships. Many mental health professionals now find they are increasingly consulted when such relationships encounter difficulties that threaten the wellbeing of the couples involved. The costs of such difficulties can be high, to society, to children and to other family members, in both emotional and economic terms. Psychologists, psychiatrists, therapists, counsellors and social workers will find in this uniquely comprehensive handbook a critical review of knowledge in this wide field, as well as a guide to best practice in its many areas of intervention. The scope of the handbook includes an overview of healthy, normal marriage processes, the major influences on marital quality and stability, the interaction between individual adjustment, environmental events, and relationship satisfaction, and interventions designed to assist couples to enhance their relationship. The emphasis in the chapters which review research is on explicating the implications of current state-of-the-art knowledge for assessment and intervention with couples. Over half the book comprises detailed guidelines on how to conduct interventions for relationship problems. This includes work on different approaches to couples therapy, adapting couples therapy to the needs of couples in which one partner has significant individual psychopathology, working with just one partner, responding to crises initiated by extramarital affairs, mediating divorce, and working with families in which there are combined marital and parenting difficulties.

Multicultural Couple Therapy-Mudita Rastogi 2008-12-01 Most traditional couple therapy models are based on the Eurocentric, middle-class value system and are not effective for today's psychotherapists working in multicultural settings. Multicultural Couple Therapy is the first
Handbook of Clinical Family Therapy: Jay L. Lebow 2012-07-05 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 clientele 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 therapeutic approach, recommended strategies, special considerations, support, and clinical examples. The contributors use step-by-step guidelines for implementing approaches described and discuss specific issues that arise in individual, family, and cultural contexts. Handbook of Clinical Family Therapy guides treatment strategies for the most common problems encountered in family therapy, including: Domestic violence, Adolescent defiance, anxiety, and depression, Trauma-induced problems in family therapy, and Mental health issues in adolescence. The editors and a culturally diverse group of practitioners and scholars produce an innovative and user-friendly guide for clinicians and students alike.

Case Studies in Couples Therapy: David K. Carson 2013-06-19 This up-to-date, highly readable, theory-based, and application-oriented book fills a crucial void in literature on couples therapy. Few books in the couple therapy market bridge the gap between theory and practice; texts tend to lean in one direction or the other, either emphasizing theory or research with little practical application, or taking a cookbook approach that describes specific techniques and interventions that are divorced from conceptual or theoretical bases. This book requires a high degree of abstract/conceptual thinking, as well as ingenuity, inventiveness and skill on the part of the therapist. Case Studies in Couples Therapy blends the best of all worlds: clinical applications with challenging and diverse couples that have been derived from the most influential theories and models in couples and family therapy, all written by highly experienced and respected voices in the field. In Case Studies in Couples Therapy, readers will grasp the essentials of major theories and approaches in a few pages and then see how concepts and principles are applied in the work of well-known clinicians. The case studies incorporate a wide variety of couples from diverse backgrounds in a number of different life situations. It is simultaneously narrow (including specific processes and interventions applied with real clients) and broad (clearly outlining a broad array of theories and concepts) in scope, and the interventions in it are directly linked to theoretical perspectives in a clear and systematic way. Students and clinicians alike will find the theoretical overview sections of each chapter clear and easy to follow, and each chapter’s thorough descriptions of effective, practical interventions will give readers a strong sense of the connections between theory and practice.

Handbook of Family Therapy: Thomas L. Sexton 2015-12-07 Integrative, research-based, multisystemic: these words reflect not only the state of family therapy, but also the nature of this comprehensive handbook. The contributors, all well-recognized names who have contributed extensively to the field, accept and embrace the tensions that emerge when integrating theoretical perspectives and science in clinical settings to document the current evolution of couples and family therapy, practice, and research. Each individual chapter contribution is organized around a central theme: that the integration of theory, clinical wisdom, and practical and meaningful research produce the best understanding of couple and family relationships, and the best treatment options. The handbook contains five parts: Part I describes the history of the field and its current core theoretical constructs; Part II analyzes the theories that form the foundation of couple and family therapy, chosen because they best represent the broad range of schools of practice in the field; Part III provides the best examples of approaches that illustrate how clinical models can be theoretically integrative, evidence-based, and clinically effective; Part IV provides useful findings relevant for research and practice; Part V looks at the application of couples and family interventions that are based on emerging clinical needs, such as divorce and working in medical settings. Handbook of Family Therapy illuminates the threads that are common to family therapies and gives voice to the range of approaches that are possible. Practitioners, researchers, and students need to have this handbook on their shelves, both to help them look back on their past and to usher in the next evolution in family therapy.

Textbook of Family and Couples Therapy: G. Pirooz Sholevar 2008-08-13 In the past decade, family therapy has evolved from a loosely defined aggregate of approaches to a mature field with codified schools of theoretical systems and concepts. Textbook of Family and Couples Therapy: Clinical Applications is the first book to draw together theories and techniques from these various schools and combine them with specific clinical approaches in a single comprehensive resource. Under the editorial direction of acclaimed expert G. Pirooz Sholevar, Textbook of Family and Couples Therapy presents the current body of theoretical knowledge in the field along with the latest practical applications for working with couples and families. The book is divided into seven major sections: Family Therapy, Therapy and Techniques, Family Assessment, Family Therapy With Children and Adolescents, Marital Therapy, Family Therapy With Different Disorders, and Research in Family and Marital Therapy. Most sections begin with overview chapters to lay the groundwork for clinical applications. With contributions from today’s leading practitioners, Textbook of Family and Couples Therapy includes unique features such as: Family therapy approaches to specific mental disorders, including depression, psychiatric hospitalization, alcohol and substance abuse, incest, and personality disorders; Specific guidance for working with couples, with detailed approaches to problems such as sexual dysfunction, divorce, remarriage, and stepfamilies; The unique considerations of treating children in a family therapy context with practical applications such as whole-family intervention and a method for parent management training; An overview of the evolution and theoretical underpinnings of family therapy which helps readers develop a solid foundation of understanding to support their clinical knowledge; The latest information on issues related to gender, culture, and ethnicity and how they affect family therapy important for enhancing awareness and understanding the state of family therapy research today and future research directions with perspectives from leading academics to point the way; Blending theoretical training and up-to-date clinical strategies, Textbook of Family and Couples Therapy is a landmark event in the field. It is a must for clinicians who are currently treating couples and families – and a major resource for training future clinicians in these highly effective therapeutic techniques.

Clinical Handbook of Marital Therapy: 1986

10 Principles for Doing Effective Couples Therapy (Norton Series on Interpersonal Neurobiology): Julie Schwartz Gottman 2015-10-26 From the country’s leading couple therapist duo, a practical guide to what makes it all work. In 10 Principles for Doing Effective Couples Therapy, two of the world’s leading couple researchers and therapists give readers an inside tour of what goes on in the consulting room. They have been doing couples work for decades and still find it challenging and full of learning experiences. This book distills the knowledge they’ve gained over their years of practice into ten principles at the core of good couples work. Each principle is illustrated with a clinically compiled case plus personal side-notes and storytelling. Topics addressed include: • You know that you need to “reat at the relationship” but what does it mean? Do you get something as elusive as “a relationship”? • How do you empathize with both clients if they have opposite points of view? Later on, if they end up separating does that mean you’ve failed? Are you only successful if you keep couples together? • Compare to an individual client, a relationship is an extraordinary different animal. What should you do first? What should you look for? What questions should you ask? If clients give different answers, who should believe? • What are you supposed to do with all the emotional and personal history that your clients stir up in you? • How can you make your work research-based? No one who works with couples will want to be without the insight, guidance, and strategies offered in this book.
Couples Therapy for Domestic Violence—Sandra M. Stith 2011 Up to 65% of couples who seek therapy for marital problems have had at least one prior violent episode. Unfortunately, therapists often miss this critical information because they do not effectively assess for it. This book presents a safety-focused approach to assessment and treatment of couples who choose to remain together after one or both partners have been violent. Treatment options for intimate partner violence have evolved alongside the growing awareness and broader definitions of domestic violence. Since 1997 the authors have conducted Domestic Violence Focused Couples Treatment (DVFCT), collected data, and refined their program. The authors outline their assessment and screening process and share case illustrations to demonstrate ways that DVFCT can be a safe and viable option. Readers get an overview of the 18-session course of DVFCT and tips for adapting it for multi-couple groups or for a single couple. The major tenets of solution-focused therapy, such as underscoring even the smallest of successes, are emphasized throughout, as are the following special features: -safety planning -mindfulness techniques for anger awareness and reduction -negotiated time-out procedures -drug and alcohol use modules -psychoeducational tools and materials on violence Therapists will learn how to assess intimate partner violence and help couples eliminate all forms of violence and begin on a positive path toward their vision of a healthy relationship.

Handbook of the Clinical Treatment of Infidelity—Katherine Milewski Hertlein 2013-03-07 Help your clients’ relationships survive infidelity! In the Handbook of the Clinical Treatment of Infidelity, a panel of seasoned experts reflects on issues central to affairs, and on how to help couples heal and learn from them. First, editors Fred F. Pereny, Katherine M. Hertlein, and Joseph L. Wetchler provide an essential overview of infidelity theory, research, and treatment. They discuss the effect of infidelity on couples and delineate three types of infidelity—emotional, physical, and infidelity including aspects of both. They review the relatively new role of the Internet in infidelity and explore infidelity within the context of comarital relationships. Finally, they discuss the overarching theories and common models used in infidelity treatment. Also in the Handbook of the Clinical Treatment of Infidelity: Susan M. Johnson, the co-developer of Emotionally Focused Therapy (EFT), discusses affairs through the lens of attachment theory, and shows how EFT provides a way to acknowledge and express pain, remorse, and regret, and to repair that attachment bond. David Moultrap takes a systemic approach to infidelity, drawing attention on the underlying dynamics of the emotional system Frank Pittman and Tina Pittman Wagers outline cultural myths about affairs and do their share of debunking Adrian Blow discusses how to help couples directly address their pain—and the challenges of the healing process Brian Case highlights the role of apologizing and forgiveness in the healing process Frank Stauffa and Catherine Hasting focus on the treatment of “accusatory suffering”—a spouse’s obsessive holding onto and retreating for an affair long after it has ended, and despite the offending partner’s repeated apologies and attempts at restitution Don-David Lusterman discusses individuals who have suppressed or denied traumatic stress reactions to their partner’s affair, and how to help them. Joe Johnson discusses the myths about affairs, who is cheating on whom, to whether men really have more affairs than women; to the blame-filled language of “affairs,” “betrayal,” and “infidelity,” asking us to think more systematically about affairs and to see the dynamics of extra dyadic relationships as more complex and nuanced than they are typically portrayed in the literature Joan Atwood provides an overview of Internet infidelity—the factors influencing one’s involvement in this type of infidelity, and some considerations for therapists Tim Nelson, Fred Pereny, and Doug Spreenkl report on the results of a multi-phase Delphi study that explored what infidelity experts say are the critical issues, interventions, and gender differences in the treatment of Internet infidelity Monica Whitty and Adrian Carr draw upon Klein’s object relations theory and discuss how this might influence the way people rationalize their Internet infidelity Emily Brown outlines the concept of the Split Self Affair—discussing its origins, characteristics, and implications for individuals and couples, and providing detailed information on how to work with these couples in therapy Michael Bettiger presents extra dyadic relationship as a fact, rather than a problem, within a general relationship framework—discussing that the way gay male polyamory can work as an alternative to the heterosexual model of emotional and sexual exclusivity in romantic dyadic relationships Katherine Hertlein and Gary Skaggs report on the results of a study that assessed the level of differentiation and one’s engagement in extra dyadic relationships The Handbook of the Clinical Treatment of Infidelity is essential reading for today’s (and tomorrow’s) clinicians who work with couples. Make it a p

The Practice of Emotionally Focused Couple Therapy—Susan M. Johnson 2012-02-24 Since its original publication in 1996, this volume has been a helpful guide to therapists in the practice of emotionally focused therapy. This second edition addresses the many changes in the field of couples therapy, including updated research results linked to clinical intervention and new information using EFT to treat depression and PTSD. A new section covers the growth of couples therapy as a field and its overall relevance to the mental health field, accompanied by coverage of how recent research into the nature of marital distress is consonant with EFT. Other new features are a section on EFT and feminism, as well as a section on cultural competence for the EFT therapist. Written by a leading authority on emotionally focused couples and marital therapy, this second edition is an up-to-date reference on all aspects of EFT and its uses for mental health professionals.


Couples and Family Therapy in Clinical Practice—Ira D. Glick 2015-10-26 Couples and Family Therapy in Clinical Practice has been the psychiatric and mental health clinician’s trusted companion for over four decades. This new fifth edition delivers the essential information that clinicians of all disciplines need to provide effective family-centered interventions for couples and families. A practical clinical guide, it helps clinicians integrate family-systems approaches with pharmacotherapies for individual patients and their families. Couples and Family Therapy in Clinical Practice draws on the authors’ extensive clinical experience as well as on the scientific literature in the family-systems, psychiatry, psychotherapy, and neuroscience fields.

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.

Handbook of Counseling Military Couples—Brett A. Moore 2011 The military imposes unique and often severe challenges to couples, which clinicians – particularly the growing numbers of civilian clinicians who see military couples – often struggle to address. These problems are only compounded by misunderstandings and misconceptions about what it means to be part of a specific branch of the military and part of the military as a whole. Handbook of Counseling Military Couples includes a clear, thorough introduction to military culture and to couple relationships in the military. But more than that, it provides readers with expert analyses of the special types of issues that come up for military couples and shows clinicians how to address them productively. In the chapters, readers will find the answers to questions such as how are military couples’ rights different from those of civilians? What attitudes and beliefs about relationships might military members bring to a session, and how are those different from those of civilians? What is the state of marriage and divorce in each of the branches and within the military in general? For a particular treatment modality, how does research in with military members compare to that of civilians? When should particular treatment strategies be used, and why – and how?

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.

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.

Clinical Handbook of Marital Therapy—Neil S. Jacobson 1986

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, co-developer (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.

The Marriage Clinic—John Mordechai Gottman 1999 The Marriage Clinic presents a complete marital therapy program based on John Gottman's much heralded research on marital success and failure.

Handbook of LGBT-Affirmative Couple and Family Therapy—Jerry J. Bigner 2012-05-04 The editors and contributors of this comprehensive text provide a unique and important contribution to LGBT clinical literature. Spanning 30 chapters, they discuss the diverse and complex issues involved in LGBT couple and family therapy. In almost 15 years, this book provides the first in-depth overview of the best practices for therapists and those in training who wish to work effectively with LGBT clients, couples, and families need to know, and is only the second of its kind in the history of the field. The clinical issues discussed include• raising LGBT children • coming out • elderly LGBT issues • sex therapy • ethical and training issues Because of the breadth of the book, its specificity, and the expertise of the contributing authors and editors, it is the definitive handbook on LGBT couple and family therapy.

Couple-Based Interventions for Military and Veteran Families—Douglas K. Snyder 2012-08-01 Presenting couple-based interventions uniquely tailored to the mental health needs of military and veteran couples and families, this book is current, practical, and authoritative. Chapters describe evidence-based interventions for specific disorders—such as posttraumatic stress, depression, and substance abuse—and related clinical challenges, including physical aggression, infidelity, bereavement, and parenting concerns. Clear guidelines for assessment and treatment are illustrated with helpful case examples; 18 reproducible handouts can be downloaded and printed in a convenient 8 1/2" x 11" size. The book also provides essential knowledge on the culture of military families and the normative transitions and adjustments they face.

The Heart of Couple Therapy—Ellen F. Wachtel 2016-10-05 Grounded in a deep understanding of what makes intimate relationships succeed, this book provides concrete guidelines for addressing the complexities of real-world clinical practice with couples. Leading couple therapist Ellen Wachtel describes the principles of therapeutic interventions that motivate couples to alter entrenched patterns, build on strengths, and navigate the "legacy" issues that each person brings to the relationship. She illuminates the often unrecognized choices that therapists face throughout the session and deftly explicates their implications. The epilogue by Paul Wachtel situates the author's pragmatic approach in the broader context of contemporary psychotherapy theory and research.

Adult ADHD-Focused Couple Therapy—Gina Pera 2016-01-08 Since ADHD became a well-known condition, decades ago, much of the research and clinical discourse has focused on youth. In recent years, attention has expanded to the realm of adult ADHD and the havoc it can wreak on many aspects of adult life, including driving safety, financial management, education and employment, and interpersonal difficulties. Adult ADHD-Focused Couple Therapy breaks new ground in explaining and suggesting approaches for treating the range of challenges that ADHD can create within a most important and delicate relationship: the intimate couple. With the help of contributors who are experts in their specialties, Pera and Robin provide the clinician with a step-by-step, nuts-and-bolts approach to help couples enhance their relationship and improve domestic cooperation. This comprehensive guide includes psychoeducation, medication guidelines, cognitive interventions, co-parenting techniques, habit change and communication strategies, and ADHD-specific clinical suggestions around sexuality, money, and cyber-addictions. More than twenty detailed case studies provide real-life examples of ways to implement the interventions.

Handbook of Marital Therapy: A Positive Approach to Helping Troubled Relationships—Robert P. Liberman 2013-11-21 In the treatment of marital problems, behaviorally oriented and communication oriented approaches have been in conflict and seen as con trasting and unlikely bed partners. Many therapists, focusing on com munication skills, have felt that behaviorists were too structured and un caring; on the other hand, behaviorists have considered humanistic therapists as being “touchy-feely,” vague, and unfocused. However, in the Handbook of Marital Therapy, Liberman, Wheeler, de Visser, and the Keunhols have wedded these two potent approaches into an inte grated framework that makes them loving bed partners. With over a decade of experience in applying behaviorally ori ented treatment to couples, Liberman and his co-authors have developed an educational model that focuses on teaching specific commu nication skills to couples. The communication skills they describe have been used extensively in all types of marital therapy and behavior therapists’ theoretical orientation. The unique contribution of this book is that the authors provide a step-by-step approach to teaching these communication skills within a behavioral framework. Each chapter guides the therapist through the many issues and problems confronting him or her as a change agent. This highly readable book is enhanced by a liberal use of case exam ples. Emphasis is given to homework and the importance of increased generalization of communication skills in a sequential manner. The advantages of working with couples in a group setting are dis cussed, and concrete suggestions on how to manage these groups are clearly presented.

Clinical Handbook of Emotion-Focused Therapy—Leslie S. Greenberg 2018-10 This book describes how practitioners of Emotion-Focused Therapy (EFT) can help clients access their own emotions, engage emotions productively, and create narratives to make sense of their experiences.

Handbook of Family and Marital Therapy—Sharon A. Shane man 2012-12-06 Family and marital therapies are rapidly becoming highly used methods of treatment of mental disorders and are no longer ancillary methods to individual psychotherapy. The last few decades have brought about an increasing awareness of the fact that, excluding organic etiology, practically all mental disorders are caused, fostered, and/or related to faulty interpersonal relations. As a rule, the earlier in life one is exposed to noxious factors, the more severe is the damage. Thus, early child-parents' and child-siblings' interactions are highly relevant determinants of mental health and mental disorder. Moreover, parents themselves do not live in a vacuum. Their marital interaction significantly contributes to their own mental health or to the child's mental health. Parent-child discord and personality development are greatly influenced by the nature of intraparental relationships. Parental discord, conflicts, and abandonment affect the child's personality development. Thus, family and marital therapy is more than therapy; it is an important contribution to the prevention of mental disorder. The present volume is comprised of three parts. The first, primarily theoretical, analyzes the fundamental aspects of marital and family therapy. The second part describes the various therapeutic techniques and the last deals with several specific issues. It gives me great pleasure to acknowledge my gratitude to my coeditor, Dr. George Stricker. Without his thorough and devoted efforts, this volume could not have come into being. I am also profoundly indebted to our consulting editors, Drs. James Frame, Dr. Robert Taibbi 2012-08-22 Wise, compassionate, and highly practical, this engaging text covers the entire process of therapeutic work with couples, from opening sessions and assessment through skills building, core issues, and termination. Students and novice couple therapists learn effective strategies for intervening with couples of any age who are struggling with acute crises or longstanding conflicts and power struggles. Rich with sensitive, detailed case material, the book features numerous exercises that help readers identify and develop their own strengths as practitioners. Self-care strategies and tips for getting the most out of supervision are provided. Special topics include how to address couple issues with only one partner and couple therapy applications for chronic mental health problems.
Clinical Manual of Couples and Family Therapy—Gabor I. Keitner
2009-12-11 The Clinical Manual of Couples and Family Therapy presents a
conceptual framework for engaging families of psychiatric patients. It
outlines practical, evidence-based family therapy skills that make it easier
for clinicians to effectively integrate families into the treatment process.
Moreover, it reestablishes the role of the psychiatrist as the leader of the
team of professionals providing mental health care to patients in need. The
underlying assumption in this concise manual is that most psychiatric
symptoms or conditions evolve in a social context, and families can be useful
in identifying the history, precipitants, and likely future obstacles to the
management of presenting problems. The book clarifies the clinical
decision-making process for establishing family involvement in patient care
in different clinical settings, and it outlines distinct steps in family
assessment and treatment within a hierarchical, biopsychosocial organizing framework
that can be applied to all families, regardless of the patient’s presenting
problems. The book’s approach is based on a broad model of family
functioning, which provides a multidimensional description of families and
has validated instruments to assess family functioning from both internal
and external perspectives. Unique features and benefits of the manual include:
A focus on one consistent model of assessment and treatment that
can be applied to a wide range of psychiatric conditions and clinical settings
Numerous case examples, tables, and charts throughout the text to further
highlight the material A summary of key concepts at the end of each chapter
A companion DVD, keyed to discussion in the text, that demonstrates how to
perform a family assessment and treatment All psychiatrists should be
proficient in assessing the social and familial context in which a patient’s
psychiatric illness evolves. The Clinical Manual of Couples and Family
Therapy is a practical guide designed to facilitate a clinician’s ability to
evaluate and treat couples and families.

Behavioral Couples Therapy for Alcoholism and Drug Abuse—Timothy
J. O’Farrell 2012-03-12 This eminently practical guide presents an
empirically supported approach for treating people with substance abuse
problems and their spouses or domestic partners. Behavioral couples
therapy (BCT) explicitly focuses on both substance use and relationship
issues, and is readily compatible with 12-step approaches. Provided are all
the materials needed to introduce BCT: implement a recovery contract to
support abstinence; work with clients to increase positive activities, improve
communication, and reduce relapse risks; and deal with special treatment
challenges. Appendices include a session-by-session treatment manual and
70 reproducible checklists, forms, and client education posters. The large-
size format and lay-flat binding facilitate photocopying and enhance the
book’s clinical utility.

Cognitive Behavioral Therapy and Clinical Applications—Ömer
Şenormancı 2018-03-28 The main purpose of this book is to be useful in
daily practice to clinicians, including less-discussed subjects that are
frequently encountered in practice. For this, it was aimed to explain the
formulation of the disorder in light of the basic CBT model in each chapter
and then to present the treatment approach of the disorder with case
examples. We believe that the case examples, which came from the authors’
own practices, are the strength of the book.

Research for the Psychotherapist—Jay Lebow 2013-08-21 While empirical,
scientific research has much to offer to the practice-oriented therapist in
training, it is often difficult to effectively engage the trainee, beginning
practitioner, or graduate student in a subject area that can often glaze over
the eyes of a reader focused on practical work. Most books about
psychotherapy focus either on the process of gathering, analyzing,
presenting, and discussing research results, or on conducting clinical work.
What most of these texts lack is an engaging, accessible guide on how to
incorporate research into practice. Research for the Psychotherapist: From
Science to Practice fills that niche with an approach that bridges the gap
between research and practice, presenting concise chapters that distill
research findings and clearly apply them to practical issues. Jay Lebow is an
accomplished practitioner and researcher in the fields of marriage and
family therapy and integrative psychotherapy. In this book, he offers a
focused volume that covers a range of topics. This volume should appeal to
psychotherapists and students looking for an accessible, jargon-free guide
to utilizing research in practical settings.

Essential Skills in Family Therapy, Third Edition—JoEllen Patterson
2018-01-25 “This book focuses on students, a pragmatic approach to
treatment, regard for multidisciplinary perspectives, and respect for the
influence of families on clients. Chapter 1 identifies concerns that new
therapists frequently have, such as building confidence in their clinical
work. Chapters 2-6 follow the usual time sequence of therapy—from initial
contact with clients, to comprehensive assessment, to treatment planning
and intervention. Chapters 7-10 deal with specific clinical situations based
on presenting problems and the nature of client families. We examine major
issues and approaches for working with children and adolescents, older
adults, couples, and families that are struggling with serious mental illness.
Chapter 11 highlights some common obstacles all therapists encounter, and
provides concrete ideas on how to get unstuck when treatment is not
progressing. Chapter 12 focuses on an often overlooked part of therapy--
termination. In Chapter 13, we conclude the book by looking at emerging
issues within family therapy”--

Pre-Marital Counseling—Angela Skutt 2016-03-02 A guide for therapists
and counselors, Pre-Marital Counseling addresses the common problems
couples face when starting or considering marriage. This step-by-step guide
teaches specific intervention strategies for common pre-marital problems,
such as financial stress, blending families, and mental health issues. It also
teaches readers helpful skills such as developing empathy, learning to
compromise, and communicating successfully, all within a potentially
diverse client population. Skutt further helps clinicians personalize their
assessment and treatment plans for each couple so that they have realistic
expectations. Written by a certified sex therapist, there is also a unique
chapter on helpful sex education tips for maintaining desire in long-term
relationships.