

Couples Therapy Individual Sessions

couples therapy individual sessions: In Quest of the Mythical Mate Ellyn Bader, Peter Pearson, 2013-05-13 In Quest of the Mythical Mate presents a valuable and fertile developmental model for diagnosing and treating couples that is flexible enough to incorporate a wide variety of intervention strategies, yet purposeful enough to give a clear sense of direction to couples in distress. As such, this volume provides a powerful therapeutic approach for all professionals who treat couples.

couples therapy individual sessions: Integrative Behavioral Couple Therapy: A Therapist's Guide to Creating Acceptance and Change, Second Edition Andrew Christensen, Brian D. Doss, Neil S. Jacobson, 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.

couples therapy individual sessions: Couples Counseling Marina Iandoli Williams Lmhcc, Marina Williams, 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.

couples therapy individual sessions: Projective Identification and Psychotherapeutic Technique Thomas H. Ogden, 1982 An examination of projective identification and its clinical uses from a Kleinian perspective. The author puts forward the hypothesis that identification is the patient's way of mastering significant trauma.

couples therapy individual sessions: Couple Counselling Martin Payne, 2010-04-14 Couple Counselling outlines the essential principles and practices of couple counselling. Demystifying this form of therapy, the author provides a step-by-step guide from the first meeting through to subsequent sessions. The book includes a wealth of supporting features including case examples, student exercises, points for reflection and memory-jog pages to use in practice. As well as chapters illustrating counselling for problems frequently experienced by couples, such as sexual difficulties, infidelity, violence and abuse, key content includes: cultural differences in couples workvarieties of committed relationshipsresponses to specific difficultiesethical issues that arise as a result of working with two peoplegender differences in relation to the counsellor s own sexuality and/or gender the value of training courses and supervisionpersons narratives as a basis for changeThis book comprises a sound basis for one-to-one practitioners wishing to expand their expertise and practice of therapy into working with couples, and for students training in this mode of counselling.

couples therapy individual sessions: Behavioral Couples Therapy for Alcoholism and Drug Abuse Timothy J. O'Farrell, William Fals-Stewart, 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. In a convenient large-size format, the book provides 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.

couples therapy individual sessions: *The Origins of You* Vienna Pharaon, 2023-02-21
NATIONAL BESTSELLER From licensed therapist and popular Instagram relationship expert Vienna Pharaon (@mindfulmft, +683K followers) comes a profound guide to understanding and overcoming wounds from your Family of Origin—the foundation of how we relate to others, ourselves, and the world around us. None of us had a perfect childhood; we are all carrying around behaviors that don't serve us—and may in fact be hurting us. But it doesn't have to be that way, says licensed marriage and family therapist Vienna Pharaon. Our past might create our patterns, but we can change those patterns for the better...with the right tools. In *The Origins of You*, Pharaon has unlocked a healing process to help us understand our Family of Origin—the family and framework we grew up within—and examine what worked (and didn't) in that system. Unhealed pain (or “wounds”) in that Family of Origin will manifest in our adult behaviors in surprising ways, from work challenges to interpersonal struggles. But the good news: armed with the knowledge about our past, we can actually rewire our programming to meaningfully improve our relationships and our lives, right now and in the future. It doesn't matter whether you've been in therapy for decades, or whether therapy isn't for you. It doesn't matter if you had a great childhood, or a terrible one. You can create change and resolve things from the past that need your attention. Complete with guided introspection, personal experiences, client stories, frameworks for having difficult conversations, and worksheets to complement each chapter, *The Origins of You* will teach you how to break family patterns and help you liberate the way you live and love.

couples therapy individual sessions: *From Conflict To Resolution* Susan Heitler, 1993 In a dramatic theoretical breakthrough, psychologist Susan M. Heitler unties various schools of therapy with a powerful insight. Emotional healing depends on movement from conflict to resolution, as the title suggests.

couples therapy individual sessions: *GARF Assessment Sourcebook* Lynelle C. Yingling, William E. Miller, Alice L. McDonald, Susan T. Galewaler, 2013-10-28 First published in 1998. The GARF Assessment Sourcebook is a comprehensive guide to the Global Assessment of Relational Functioning (GARF) scale for family assessment. This comprehensive guide to the GARF is an essential tool for practicing professionals as well as students in training programs. It provides a thorough description of each element of the GARF, a comprehensive review of the GARF in relation to other marriage and family assessment tools, summaries of GARF research, and a comprehensive appendix of reproducible GARF-related forms. The GARF Assessment Sourcebook challenges marriage and family therapists to use, evaluate, and refine the GARF so that it may be included in the main portion of the next revision of the Diagnostic and Statistical Manual of Mental Disorders (DSM). As managed care becomes more pervasive and providers start giving more direction over treatment options, the GARF will become an important new tool in family mental health treatment to assist clinicians who are struggling to improve services and justify their work to the broader health-care community.

couples therapy individual sessions: *Doing Couple Therapy, First Edition* Robert Taibbi, 2010-12-08 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.

couples therapy individual sessions: *Psychoanalytic Couple Therapy* David E. Scharff, Jill

Savege Scharff, 2018-05-01 In this time of vulnerable marriages and partnerships, many couples seek help for their relationships. Psychoanalytic couple therapy is a growing application of psychoanalysis for which training is not usually offered in most psychoanalytic and analytic psychotherapy programs. This book is both an advanced text for therapists and a primer for new students of couple psychoanalytic psychotherapy. Its twenty-eight chapters cover the major ideas underlying the application of psychoanalysis to couple therapy, many clinical illustrations of cases and problems in various dimensions of the work. The international group of authors comes from the International Psychotherapy Institute based in Washington, DC, and the Tavistock Centre for Couple Relationships (TCCR) in London. The result is a richly international perspective that nonetheless has theoretical and clinical coherence because of the shared vision of the authors.

couples therapy individual sessions: Solution Building in Couples Therapy Elliott Connie, MA, LPC, 2012-09-14 This brief volume presents the basic premises of solution building, liberally enriched with examples. This is a remarkable book, the first of its kind, radical in its message, written about couples but also suitable for all manner of referrals.--Choice: Current Reviews for Academic Libraries ìElliott Connie has written a remarkable book. Read it and you will be taken on a journey. If you are new to the world of solution focused brief therapy, beware! This book could capture your heartÖAs Elliott says from the very beginning, solution focused brief therapy is simple, so simple it is really hard to learn. And from this book, if you set out to do so, you could teach yourself how to become a competent solution focused brief therapist. It is all here, laid out clearly, packed with examples from the real world of therapy, repeated and repeated like onion skins, each repetition releasing its own flavour, a variation on a theme, a new understanding of something already known.î Chris Iveson, MA BRIEF London, UK Working with couples presents psychotherapists and counselors with a unique set of challenges, such that many therapists prefer not to work with couples or attempt to avoid it entirely. In the first book written about solution focused therapy (SFT) with couples, author Elliott Connie describes how his use of SFT made working with couples a pleasure rather than a burden. The solution focused approach is one that facilitates cooperation between partners in the creation of an agreed-upon future, rather than merely focusing on the problems that have come to define the relationship. Beginning with a clear explanation of the assumptions and tenets required for the practice of SFT, this book presents a step-by-step breakdown of exactly how to conduct solution building sessions with couples. Each chapter focuses on a different part of the therapeutic process and includes sample dialogues, techniques, and vignettes drawn from the author's own extensive practice. Readers will feel as though they themselves are going through the therapeutic process with the couples and observing the impact of each step of the process. Numerous exercises and common solution focused questions help readers integrate this new material into their repertoire for immediate use. Key Features: Provides a unique view of couples therapy in action using the solution focused approach Includes actual questions to ask clients, sample dialogues, and sample homework assignments Features examples drawn from actual cases, illustrating techniques used in practice with real couples Presents scales to measure progress and supporting research for the application of solution-focused therapy to couples counseling

couples therapy individual sessions: 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.

couples therapy individual sessions: *Emotionally Focused Therapy for Couples* Leslie S. Greenberg, Susan M. Johnson, 1988-10-07 This influential volume provides a comprehensive

introduction to emotionally focused therapy (EFT): its theoretical foundations, techniques, and clinical practice. EFT is a structured approach to couple therapy that integrates intrapsychic and interpersonal perspectives to help couples create new, more satisfying interactional patterns. Since the original publication of this book, EFT has been implemented and tested with growing numbers of couples in a wide range of settings. The authors, who codeveloped the approach, illuminate the power of emotional experience in relationships and in the process of therapeutic change. The book is richly illustrated with case examples and session transcripts.

couples therapy individual sessions: Short-Term Couples Therapy Wade Luquet, 2006-11-06 For more than a decade, Short-Term Couples Therapy: The Imago Model in Action has been used regularly by therapists interested in this effective and now well-known model of working with couples. Building on the precepts of the Imago Relationship Therapy Model, as introduced in the pioneering work of Dr. Harville Hendrix, the book has made available to the professional therapist the technique and rationale of this evolutionary approach to working with couples in a brief therapy context. Now thoroughly revised and updated, Short-Term Couples Therapy offers a user-friendly, six-session format, laid out clearly and cogently, whose potential for application is immediately apparent. The essence of the Imago Model is distilled into a practical, workable methodology. The text presents a unique reality-based approach to facilitate effective couple interaction, updates the processes and theory that have proven so effective in the short-term approach to couples therapy, and incorporates the major advances in the practice of Imago Relationship Therapy.

couples therapy individual sessions: Attachment Theory in Practice Susan M. Johnson, 2019 Drawing on cutting-edge research on adult attachment--and providing an innovative roadmap for clinical practice--Susan M. Johnson argues that psychotherapy is most effective when it focuses on the healing power of emotional connection. The primary developer of emotionally focused therapy (EFT) for couples, Johnson now extends her attachment-based approach to individuals and families. The volume shows how EFT aligns perfectly with attachment theory as it provides proven techniques for treating anxiety, depression, and relationship problems. Each modality (individual, couple, and family therapy) is covered in paired chapters that respectively introduce key concepts and present an in-depth case example. Special features include instructive end-of-chapter exercises and reflection questions.

couples therapy individual sessions: Integrative Systemic Therapy William M. Pinsof, Douglas C. Breunlin, William P. Russell, Jay Lebow, Cheryl Rampage, Anthony L. Chambers, 2018 Providing a comprehensive framework for individual, couple, and family therapy, this resource offers a set of templates that enable therapists to navigate the course of therapy, as well as a treasure trove of case examples to illustrate how therapists can use the IST perspective to treat a wide variety of challenging problems.

couples therapy individual sessions: Reconcilable Differences Andrew Christensen, Neil S. Jacobson, 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.

couples therapy individual sessions: How We Love, Expanded Edition Milan Yerkovich, Kay Yerkovich, 2009-01-20 Did you know the last fight you had with your spouse began long before you even met? Are you tired of falling into frustrating relational patterns in your marriage? Do you

and your spouse fight about the same things again and again? Relationship experts Milan and Kay Yerkovich explain why the ways you and your spouse relate to each other go back to before you even met. Drawing on the powerful tool of attachment theory, Milan and Kay explore how your childhood created an “intimacy imprint” that affects your marriage today. Their stories and practical ideas help you: * identify your personal love style * understand how your early life impacts you and your spouse * break free from painful patterns that keep you stuck * find healing for the source of conflict, not just the symptoms * create the close, nourishing relationship you dream about Revised throughout with all-new material and additional visual diagrams, this expanded edition of *How We Love* will bring vibrant life to your marriage. Are you ready for a new journey of love? Note: The revised and expanded *How We Love Workbook* is available separately.

couples therapy individual sessions: *Eight Dates* John Gottman, Julie Schwartz Gottman, Doug Abrams, Rachel Carlton Abrams, 2019-02-05 Whether you’re newly together and eager to make it work or a longtime couple looking to strengthen and deepen your bond, *Eight Dates* offers a program of how, why, and when to have eight basic conversations with your partner that can result in a lifetime of love. “Happily ever after” is not by chance, it’s by choice– the choice each person in a relationship makes to remain open, remain curious, and, most of all, to keep talking to one another. From award-winning marriage researcher and bestselling author Dr. John Gottman and fellow researcher Julie Gottman, *Eight Dates* offers an ingenious and simple-to-implement approach to effective relationship communication. Here are the subjects that every serious couple should discuss: Trust. Family. Sex and intimacy. Dealing with conflict. Work and money. Dreams, and more. And here is how to talk about them—how to broach subjects that are difficult or embarrassing, how to be brave enough to say what you really feel. There are also suggestions for where and when to go on each date—book your favorite romantic restaurant for the Sex & Intimacy conversation (and maybe go to a yoga or dance class beforehand). There are questionnaires, innovative exercises, real-life case studies, and skills to master, including the Four Skills of Intimate Conversation and the Art of Listening. Because making love last is not about having a certain feeling—it’s about both of you being active and involved.

couples therapy individual sessions: *Couples Therapy for Domestic Violence* Sandra M. Stith, Eric E. McCollum, Karen H. Rosen, 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 (DVFACT), collected data, and refined their program. The authors outline their assessment and screening process and share case illustrations to demonstrate when conjoint treatment can be a safe and viable option. Readers get an overview of the 18-session course of DVFACT 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.

couples therapy individual sessions: *The Art of Co-therapy* Bill Roller, Vivian Nelson, 1991-02-15 The house has new owners who do not care about cleaning. Soon the house is polluted with smoke, animal hair, powders and many aerosol sprays.

couples therapy individual sessions: *Rekindling Desire* Barry McCarthy, Emily McCarthy, 2013-12-17 For over a decade *Rekindling Desire* has helped to restore and restructure sexuality in thousands of lives. This expanded edition continues the exploration of inhibited sexual desire and no-sex relationships by the author, who brings decades of knowledge and the expertise that comes

from having treated almost 3,000 couples for sexual problems. Contained within are suggested strategies and exercises that help develop communication and sexual skills, as well as interesting case studies that open the doors to couples' sexual frustrations. The shame, embarrassment, and hesitancy that individuals feel with themselves, and the resentment and blame they can feel towards their sexual partners, are explored and put into context. Whether you are married, cohabitating, or dating, or if you are 25, 45, or 75, reading this book will help renew your sexual desire and put you on the path towards healthy, pleasure-oriented sexuality.

couples therapy individual sessions: *Wired for Love* Stan Tatkin, 2024-06-01 Invaluable for so many partners looking to reconnect and grow closer together. —Gwyneth Paltrow, founder and CEO of goop Stan Tatkin can be entirely followed into the towering infernos of our most painful relationship challenges. —Alanis Morissette, artist, activist, and wholeness advocate The complete “insider’s guide” to understanding your partner’s brain, sparking lasting connection, and enjoying a romantic relationship built on love and trust—now with more than 170,000 copies sold. “What the heck is my partner thinking?” “Why do they always react like this?” “How can we get back that connection we had in the beginning?” If you’ve ever asked yourself these questions, you aren’t alone, and it doesn’t mean that your relationship is doomed. Every person is wired for love differently—with different habits, needs, and reactions to conflict. The good news is that most people’s minds work in predictable ways and respond well to security, attachment, and routines, making it possible to neurologically prime the brain for greater love and connection and fewer conflicts. This go-to guide will show you how. Drawn from neuroscience, attachment theory, and emotion regulation, this highly anticipated second edition of *Wired for Love* presents cutting-edge research on how and why love lasts, and offers ten guiding principles that can improve any relationship. This fully revised and updated edition also includes new guidance on how to manage disagreements, as well as new exercises to help you create a sense of safety and security, establish healthy conflict ground rules, and deal with the threat of the third—any outside source which threatens the harmony in your relationship, including in-laws, alcohol, children, and affairs. You’ll find proven-effective strategies to help you strengthen your relationship by: Creating and maintaining a safe “couple bubble” Using morning and evening routines to stay connected Learning how to see your partner’s point of view Meeting each other halfway in a fight Becoming the expert on what makes your partner feel loved By using simple gestures and words, you’ll learn to put out emotional fires and help your partner feel appreciated and loved. You’ll also discover how to move past a “warring brain” mentality and toward a more cooperative “loving brain.” Most importantly, you’ll gain a better understanding of the complex dynamics at work behind love and trust in intimate relationships. While there’s no doubt that love is an inexact science, if you understand how you and your partner are wired differently, you can overcome your differences, and create a lasting intimate connection.

couples therapy individual sessions: *The High-Conflict Couple* Alan Fruzzetti, 2006-12-03 You hear and read a lot about ways to improve your relationship. But if you've tried these without much success, you're not alone. Many highly reactive couples—pairs that are quick to argue, anger, and blame—need more than just the run-of-the-mill relationship advice to solve their problems in love. When destructive emotions are at the heart of problems in your relationship, no amount of effective communication or intimacy building will fix what ails it. If you're part of a high-conflict couple, you need to get control of your emotions first, to stop making things worse, and only then work on building a better relationship. *The High-Conflict Couple* adapts the powerful techniques of dialectical behavior therapy (DBT) into skills you can use to tame out-of-control emotions that flare up in your relationship. Using mindfulness and distress tolerance techniques, you'll learn how to deescalate angry situations before they have a chance to explode into destructive fights. Other approaches will help you disclose your fears, longings, and other vulnerabilities to your partner and validate his or her experiences in return. You'll discover ways to manage problems with negotiation, not conflict, and to find true acceptance and closeness with the person you love the most. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit —

an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

couples therapy individual sessions: Therapeutic Alliances with Families Valentín Escudero, Myrna L. Friedlander, 2017-09-04 This practical breakthrough introduces a robust framework for family and couples therapy specifically designed for working with difficult, entrenched, and court-mandated situations. Using an original model (the System for Observing Family Therapy Alliances, or SOFTA) suitable to therapists across theoretical lines, the authors detail special challenges, empirically-supported strategies, and alliance-building interventions organized around common types of ongoing couple and family conflicts. Copious case examples illustrate how therapists can empower family members to discover their agency, find resources to address tough challenges, and especially repair their damaged relationships. These guidelines also show how to work effectively within multiple relationships in a family without compromising therapist focus, client individuality, or client safety. Included in the coverage: Using the therapeutic alliance to empower couples and families Couples' cross-complaints Engaging reluctant adolescents...and their parents Parenting in isolation, with or without a partner Child maltreatment: creating therapeutic alliances with survivors of relational trauma Disadvantaged, multi-stressed families: adrift in a sea of professional helpers Empowering through the alliance: a practical formulation Therapeutic Alliances with Families offers powerful new tools for social workers, mental health professionals, and practitioners working in couple and family therapy cases with reluctant clients and seeking specific, practical case examples and resources for alliance-related interventions.

couples therapy individual sessions: Betrayal Trauma Recovery Anne Blythe, 2019-05-05 A daily journal for women wondering if their husband's behavior is abusive. For women trying to determine if they should leave or stay. To help women decide if they want to divorce. A daily journal to help victims understand the reality and severity of their situation. For women who are considering separation or divorce due to their husband's lying, gaslighting, infidelity, emotional abuse, narcissistic behaviors. Visit btr.org for more information, and listen to the Betrayal Trauma Recovery podcast found on iTunes, Google Play, Spotify and other podcasting platforms.

couples therapy individual sessions: Couple's Pre-counseling Inventory Richard B. Stuart, 1983-06-01 Questionnaire for couples to use about their relationship and its problem areas; for use in marriage counseling.

couples therapy individual sessions: The SAGE Encyclopedia of Marriage, Family, and Couples Counseling Jon Carlson, Shannon B. Dermer, 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

couples therapy individual sessions: Helping Couples on the Brink of Divorce William

Joseph Doherty, Steven Michael Harris, 2017 This book presents a five-session protocol for distressed couples to learn about what has happened to their relationship and each person's contributions to the problems, with the goal of clarifying a direction for their marriage

couples therapy individual sessions: Hope After Betrayal Meg Wilson , 2018-07-31 Meg is a lantern guiding women through the twists and turns along this pain-filled path. --Lynn Marie Cherry, speaker and author of *Keep Walking: 40 Days to Hope and Freedom After Betrayal* Meg Wilson watched her world fall apart when her husband confessed to years of sexual addiction. She has intimate knowledge of the devastation that follows--and she has come through the other side. In her groundbreaking *Hope After Betrayal*, Meg provides reassuring counsel, compassionate insight, and wise direction. By sharing her story, talking to other women who've been in a similar situation, and turning to Scripture, Wilson has helped countless readers through the steps to recovery--and shows how you can follow that same path out of the darkness. This newly revised and expanded edition includes new lessons Meg has learned over the last decade. A compelling final chapter by Meg's husband sheds further light on the difficult road to healing from sexual addiction, and a thoughtful new appendix addresses the effect sexual addiction has on children in the home. *Hope After Betrayal* is a strong and sure lifeline that thousands of women will reach for in a drowning moment. Meg offers careful, clear direction and encouragement in each chapter while unveiling the truth about sexual addiction...This valuable tool should be required reading for every wife and every mother of sons. --Robin Jones Gunn, best-selling author of the *Sisterchicks Series*

couples therapy individual sessions: Wired for Dating Stan Tatkin, 2016-01-02 In the age of online dating, finding a real connection can seem more daunting than ever! So, why not stack the odds of finding the right person in your favor? This book offers simple, proven-effective principles drawn from neuroscience and attachment theory to help you find the perfect mate. Everybody wants someone to love and spend time with, and searching for your ideal partner is a natural and healthy human tendency. Just about everyone dates at some point in their lives, yet few really understand what they're doing or how to get the best results. In *Wired for Dating*, psychologist and relationship expert Stan Tatkin—author of *Wired for Love*—offers powerful tips based in neuroscience and attachment theory to help you find a compatible mate and go on to create a fabulous relationship. Using real-life scenarios, you'll learn key concepts about how people become attracted to potential partners, move toward or away from commitment, and the important role the brain and nervous system play in this process. Each chapter explores the scientific concepts of attachment theory, arousal regulation, and neuroscience. And with a little practice, you'll learn to apply these exercises and practical techniques to your dating life. If you're ready to get serious (or not!) about dating, meet your match, and have more fun, this book will be your guide.

couples therapy individual sessions: Understanding Transference Lester Luborsky, Paul Crits-Christoph, 1990-07-20 Discusses Luborsky's (psychiatry, U. of Pennsylvania) core-conflictual relationship theme (CCRT) method as a way of examining objectively the patient-therapist relationship during transference. Studies utilizing this technique are described and proposed as empirical evidence validating Freud's ideas regarding this key stage of therapy. Annotation copyrighted by Book News, Inc., Portland, OR

couples therapy individual sessions: Single Session Therapy Moshe Talmon, 1990-08-16 How to use limited therapeutic time most efficiently Research shows that many clients seeking therapeutic help attend for one session only--no matter what their therapist's orientation or approach. Moshe Talmon demonstrates how therapists can turn this single encounter into a positive therapeutic experience. Based on a study of hundreds of single-session cases, this book offers a realistic, practical approach to using a single session to prompt substantial changes in patients' lives. The author describes how to make the most of patients' innate ability to heal themselves--presenting insights into bolstering the patient's existing strengths, restoring autonomy and confidence, and offering solutions that the patient can implement immediately.

couples therapy individual sessions: Have the Relationship You Want Rori Gwynne, 2006-11 A step-by-step guide for women to transforming your love life practically overnight.

couples therapy individual sessions: Clinical Handbook of Couple Therapy Alan S. Gurman, Jay L. Lebow, Douglas K. Snyder, 2015-06-02 This book has been replaced by Clinical Handbook of Couple Therapy, Sixth Edition, edited by Jay L. Lebow and Douglas K. Snyder, ISBN 978-1-4625-5012-8.

couples therapy individual sessions: Understanding and Lifting Depression Without Drugs Joe Griffin, Ivan Tyrrell, 2005

couples therapy individual sessions: Short-term Couple Therapy James M. Donovan, 1999-03-12 This unique guide brings together leading practitioners to demonstrate the nuts-and-bolts of their brief work with couples. The time- and cost-effective models discussed are explicitly short-term - not long-term on fast forward - and detailed case excerpts and clinical examples highlight how each form of therapy is actually conducted. Practicing therapists and students alike will find much of value in this illuminating and practical resource.

couples therapy individual sessions: Encyclopedia of Couple and Family Therapy Jay Lebow, Anthony Chambers, Douglas C. Breunlin, 2019-10-08 This authoritative reference assembles prominent international experts from psychology, social work, and counseling to summarize the current state of couple and family therapy knowledge in a clear A-Z format. Its sweeping range of entries covers major concepts, theories, models, approaches, intervention strategies, and prominent contributors associated with couple and family therapy. The Encyclopedia provides family and couple context for treating varied problems and disorders, understanding special client populations, and approaching emerging issues in the field, consolidating this wide array of knowledge into a useful resource for clinicians and therapists across clinical settings, theoretical orientations, and specialties. A sampling of topics included in the Encyclopedia: Acceptance versus behavior change in couple and family therapy Collaborative and dialogic therapy with couples and families Integrative treatment for infidelity Live supervision in couple and family therapy Postmodern approaches in the use of genograms Split alliance in couple and family therapy Transgender couples and families The first comprehensive reference work of its kind, the Encyclopedia of Couple and Family Therapy incorporates seven decades of innovative developments in the fields of couple and family therapy into one convenient resource. It is a definitive reference for therapists, psychologists, psychiatrists, social workers, and counselors, whether couple and family therapy is their main field or one of many modalities used in practice.

couples therapy individual sessions: Conjoint Family Therapy Virginia Satir, 1978

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Length of couples therapy: A completed couples therapy can take anywhere from 5-20 scheduled sessions or more. Length of time depends on severity level of problems, history of past trauma/infidelity/ or betrayals, and the presence of co-occurring emotional or psychological issues such

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INFORMED CONSENT FOR COUPLES THERAPY

The couple is the client: When you attend couples therapy sessions you as a couple are ... It is advisable (but optional) for each partner to schedule at least 1 individual session with me as part of the couples therapy process. Limitations to couples therapy: Couple therapy will only be effective in cases where both

Behavioral Couples Therapy for Alcohol Use Disorder - Health.mil

26 Apr 2021 · Q: What is behavioral couples therapy? A: Behavioral couples therapy (BCT) for alcohol and drug use is a conjoint therapy to support abstinence from substances and to improve relationship functioning (O'Farrell & Schein, 2000). BCT treats a patient with substance use disorder with their partner in outpatient, weekly treatment for 12-20 sessions.

International Centre for Excellence in Emotionally Focused Therapy

The externship can also be reviewed and live sessions observed using the training DVD of a ... Refining skills in individual supervision in EFT. A minimum of 8 hours of individual ... Completion of a minimum of one graduate course on the practice of couples / family therapy at a registered institution or equivalent. ...

Combining Individual and Couple Therapy - JSTOR

Group therapy can help resolve difficult individual transferences (for example, some clients feel safer exploring negative transferences with peer support) and may prevent individual therapy dropouts. Many of these positive effects could apply to combined individual and couple therapy as well. I recommend adding individual therapy to a couples ...

Dialectical behaviour therapy (DBT) - Mind

Individual therapy Individual therapy usually involves weekly one-to-one sessions with a DBT therapist. Each session lasts approximately 45-60 minutes. The individual sessions have a hierarchy of goals: 1. To help keep you safe by reducing suicidal and self-harming behaviours. 2. To reduce behaviours that interfere with therapy. 3.

Going Deeper with Couples' Communication Problems - Couples ...

Couples' communication problems are almost never what the couple thinks they are. Let's explore what that means for a moment and then proceed to discover 5 steps to getting therapy off to a strong

start. At the end you'll find a handout you can copy and use with your couples when they're exploring their challenges in your sessions.

Using Acceptance & Commitment Therapy for Common

Confidentiality: anything revealed in individual sessions can be shared in joint sessions, (only if relevant) About ACT & what the sessions will involve; importance of skills practice/experiments This is good news if your partner is unwilling to participate in therapy; you can still improve it unilaterally. (However, this doesn't mean ...

Individual, Couples & Family Counseling Neurofeedback Training

through individual and family sessions. Couples with marital problems may benefit when one or both do neurofeedback training for anger or depression. With more than 30 years of clinical experience, Dr. Joan Lartin-Drake is a highly qualified therapist who is skilled at helping people create positive change in their lives. Dr. Lartin earned a ...

Couples Consent for Treatment 2015 - rrpsychgroup.com

On occasion during the counseling process, individual partners may be seen for an individual counseling session. In this case, the individual session is still considered as part of the couple's counseling relationship. Information disclosed during individual sessions may be relevant or even essential to the proper treatment of the couple.

"No Secrets" Policy When Treating a Couple or Family - TRI EFT

anticipate certain problems that may occur when providing therapy to couples or families. If any of the statements made ... individual or two siblings) for one or more sessions. These sessions should be seen by you as a part of the work that I am doing with the family or the couple, unless otherwise indicated. If you are involved in one or more ...

1. preparing for and opening sessions Brubacher may 24

attempt to collect a range of #EFT incongruent options for #beginning and #ending sessions, the #trainers were #polled. Seventeen #trainers *contributed #their #reflections #on #how #they #prepare #for #sessions, #and #typical #approaches #they #use #to #open #and #close #sessions #with #couples. #Following #are #trainers' #tips #on #preparing #for #and #opening #sessions. The #next

Behavioral Couples Therapy for Substance Abuse: Rationale, Methods, and ...

20 outpatient couple sessions over 5 to 6 months. However, under some circumstances, therapists may administer group behavioral couples therapy (GBCT), treating three or four couples together, usually over 9 to 12 weeks. If necessary, a course of brief behavioral couples therapy can be accomplished in six sessions. Appropriate Candidates for BCT

Ann-Marie Lundblad and Kjell Hansson - Wiley Online Library

In Sweden, most couples therapy is based on approaches developed and tested in the USA (Gurman and Jacobson, 2002). Most theories of couples therapy have been developed in the context of research therapy or treatment used in private practice (Shadish et al., 1995). We were interested in investigating how these theories and methods

Basic couple therapy competences - UCL

BASIC COUPLE THERAPY COMPETENCES Knowledge and understanding of the basic principles of couple therapy An ability to draw on knowledge that couples therapists focus on establishing and maintaining a balanced position in relation to the couple, in order: to focus attention on their relationship, rather than either partner, as the means

Results of Gottman Method Couples Therapy with Gay and Lesbian Couples

man Method Couples Therapy is based on the scientific research of Drs. John and Julie Gottman (Gottman, 1991; Gottman & Gottman, 2015). The method consists of three parts: an assessment of the relationship, active treatment, and relapse prevention. GMCT assesses and attends to 3 sys- ... two individual sessions. The third session was a ...

COUPLES INTAKE PACKET (partner 1) - Dedicated to cultivating ...

10735 S. Cicero Avenue . Suite 208 . Oak Lawn, IL 60453 . 708.424.0001 . Fax 708.424.1394 1
COUPLES INTAKE PACKET (partner 1) Dear Client: Welcome to The Center For Psychological Services Ltd. Attached you will find our registration

Informed Consent for Gottman Method Couples Therapy

18 Nov 2019 · training in the Gottman Method of couples' therapy. What to expect: Gottman Method Couples' Therapy consists of two phases: 1. Assessment: This process includes an interview with the couple, followed by individual interviews with each partner. Couples also complete online questionnaires which provide

Therapeutic Exercises for Couples - bewellnj.com

Communication Worksheet for Couples- Getting to Know My Partner Closely Objectives: To help individuals learn more about their partners. ... your partner during a couples therapy session. Try to find at least five answers for each question. The qualities that attracted me to my partner were:

DISCERNMENT COUNSELING FOR "MIXED-AGENDA" COUPLES

Sessions emphasize individual conversations with each part-ner. An analysis of 100 consecutive cases found that about half of the couples chose to start ... halting progress at best in couples therapy, with early dropouts and therapist frustration common in clinical practice (Doherty, 2011). Discernment counseling is appropriate for couples who are

Therapists' Tips for Closing Sessions, including Homework ...

Seventeen*trainers' #responded#to#my#questions#about#how#they#close#therapy#sessions,# citing#varying#combinations#of#therapistreflections#and#evoking#clientfeedback#with#the# intention#of#ending#on#a#note#of#clarity,#hope#and#direction.#Overall,#they#close#sessions # in#a#manner#that#will#keep#the#intensity#between#sessions#and#create#coherencefor#a

ASSESSMENT AND FEEDBACK SESSIONS - Relationship ...

Method Couples Therapy Level 1 or Level 2 clinical training manuals. Assessment Session 2: Individual Sessions The therapist next meets with each partner individually. The session time can be divided into two parts, half for each partner, or the ...

BEHAVIORAL HEALTH DEPARTMENT - PRIMARY CARE ...

Clinician has a strong knowledge base and couples therapy training. Target Group Couples - age 18 and older Couples expressing relationship dissatisfaction. Structure Individual couples therapy, 8-24 sessions Group couples therapy, 10 sessions, closed group with rotating windows Concurrent Treatment(s) N/A

WHICH talking therapy for depression - Transformation Partners ...

together or as homework between sessions. CBT encourages people to engage in activities and to write down their thoughts and problems for discussion during therapy. CBT can also involve problem-solving and learning how to deal with worry or with difficult memories. Length and frequency of therapy Individual CBT: up to 16-20 sessions over 3 to 4 ...

Integrative Behavioral Couple Therapy for Intercultural Couples ...

that describe how these approaches can be used with couples in therapy whose problems are directly rooted in cultural differences. The aim of this study is to describe how therapists use IBCT to help intercultural couples navigate cultural differences, focusing on therapy and client change processes, change mechanisms, and recommendations.

COUPLES COUNSELLING CONTRACT

However some clients prefer to do sessions every two weeks and should you need or want extra counselling sessions during the week, this can be arranged, but this depends on my availability. It may be helpful to attend for 6 weekly sessions, after which we can review the couples counselling process and negotiate further sessions as appropriate.

The Couples Guide to Building Trust and Emotional Intimacy

The Couples Guide to Building Trust and Emotional Intimacy By Barrie Davenport. How to Use These Questions Make this a project you and your partner undertake as a team. You both want to enter this work with the specific intention of strengthening and prot...

The Art of the First Session - GoodTherapy

First sessions with couples First session with families Beyond the first session. ... Therapy: Guidelines When individual mental health issue interferes with couple progress - ...

Est. - A TIME 2 TALK

for therapy. 1 month Description Interventions Est. Completion Time Clients attending individual sessions, by completing handouts such as the Couples Satisfaction Checklist, the Individual problem checklist, client signing informed consent, agreeing to no-secrets policy. Coaching, Cognitive Challenging, Cognitive Refocusing, Cognitive Reframing ...

Inidelity: Self-Assessment, Evaluation, and the Three Stages of ...

of The Couples Institute in Menlo Park, California. As trainers, workshop leaders, authors, and speakers, they are dedicated to helping couples create extraordinary relationships. For more than 30 years they have trained therapists in couples therapy throughout the United States as well as Europe, Asia, South America, and Australia.

Individual Therapy (Psychotherapy) - OHIO PROVIDERS FOR ...

16 Dec 2013 · toward more productive, psychologically healthy lives. Good therapy is client-driven, and specific goals for therapy will be determined by you and your therapist. Individual psychotherapy sessions typically last between 45 and 60 minutes. The frequency and duration of therapy will depend largely on your needs, treatment goals, and progress.

RCS Marital Therapy Contract x - Redwood Counseling Services

Couples Therapy starts with an assessment of the relationship past and present. 2. The clients understand the information discussed in couple's therapy is for therapeutic ... If the counselor sees either member of the couple for individual sessions or has contact between sessions with either member of the couple, the contents of those ...

The Healing Workbook - Between Sessions

worksheets can be used in individual counseling sessions, support groups, and "between sessions." How to Use this Workbook . This homework assignment workbook is organized into seven sections: Section 1. Understanding Grief . Section 2. Self-Care . Section 3. More Healthy Ways to Cope . Section 4. Receiving Support

Rebuilding Trust in Your Relationship - Between Sessions

Copyright 2020 Between Sessions Resources . Rebuilding Trust in Your Relationship . Objective . To rebuild trust in your relationship with your partner.

Couples Counseling Initial Intake Form - thebalancedlifellc.com

3 Have either you or your partner struck, physically restrained, used violence against or injured the other person? If yes for either, who, how often and what happened. Has either of you threatened to separate or divorce (if married) as a result of the current relationship

The Four Session Assessment Developers in Couple Therapy

the couple, followed by individual sessions and then a feedback session where the therapist provides the couple with feedback and a treatment plan (Chambers 2008, 2012; Fishel 2000; Karpel ... for indefinite therapy. Couples also present to therapy with a right/wrong mindset and are looking to the therapist to be the arbitrator. Ther-

Gestalt couples therapy - Friedemann Schulz

Gestalt couples therapy Friedemann Schulz Received 16 May 2017 Abstract: Couples therapy is often described as a more active, or even as a more directive form of psychotherapy, and is frequently written about with a focus on technique. This paper argues that Gestalt therapists can work with couples dynamically while remaining

Combining Couple Therapy With Individual Therapy by the Same ...

within the individual therapy work as well as within the conjoint couple therapy. We ... in working with couples as a cotherapy team: 1. Psychodynamic therapists actively focus on identifying recurring themes ... told during psychotherapy sessions for use in case formulation (Barber & Crits-Christoph, 1993). Numerous studies have established

Strategies for Working with Culturally Diverse Couples in HFCA

displeasure with the sessions, Cindy simply responded that she thought the sessions were fine. Unlike his wife, Stephen felt understood and supported by Linda, and expressed his contentment with the sessions. The couple continued to receive therapy from Linda for a ...

20 Check-In Ideas for Therapy - mind remake project

Title: 20 Check-In Ideas for Therapy Author: Cassie Slattery Keywords: DAEJHJtZKEU,BAC2O97LqHM Created Date: 9/28/2020 9:08:08 PM

Chapter 1 An Overview of Psychodynamic Couple Therapy David E...

Psychodynamic couple therapy is an application of psychoanalytic theory. It draws on the psychotherapist's experience of dealing with relationships in individual, group, and family therapy. Psychodynamic couple therapists relate in depth and get firsthand exposure to couples' defenses and anxieties, which they interpret to foster change.

A Guide to Finding Individual Therapy for Adults

- Generally, 10 to 24 sessions. Involves homework and practicing skills in between sessions. • Benefits people facing depression, anxiety, phobias ... Individual, couples and group therapy by psychologists and psychological associates. Layla Care Website: <https://www.layla.care>

Z l o } v l l } v Á Z v / v P l v P / v l Á l µ o ^ l } v l v } } µ o d Z Ç

Title: Microsoft PowerPoint - Ethical Considerations when Integrating Individual Sessions into Couples Author: Matt Morris - UHC Created Date: 8/25/2017 9:49:45 AM

The Gottman Method for Couples Counseling - Psychology Group

The Gottman Method is a form of couples-based therapy that draws on the ... lend a structural frame to the sessions which is important when tension sometimes run high. ... Learning to strengthen individual recovery for both partners Often, when a partner is interested, I offer to see the addicted person individually for ...