

Theory And Practice Of Couples And Family Counseling

theory and practice of couples and family counseling: *Theory and Practice of Couples and Family Counseling* James Robert Bitter, 2020-09-08 This introduction to couples and family counseling lays the foundation for student skill-building by encouraging the development of personal, professional, and ethical standards of practice. This third edition has been expanded to include couples counseling and updated to reflect recent research and current practice. Primary text features include a genogram delineating the history of the field; a comprehensive discussion of 13 widely used theories with real-life examples of quality work for each approach; a single, bicultural couple/family system case for comparison across models; and strategies for the integration and application of the models into clinical practice with diverse clients. To help readers apply the concepts they have learned, Dr. Bitter provides numerous illustrative examples, case studies, sample client dialogues, and exercises for personal and professional growth. *Requests for digital versions from ACA can be found on www.wiley.com *To request print copies, please visit the ACA <https://imis.counseling.org/store/detail> *Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

theory and practice of couples and family counseling: Theory-based Treatment Planning for Marriage and Family Therapists Diane R. Gehart, Amy R. Tuttle, 2003 TABLE OF CONTENTS: 1. Treatment Planning. 2. Structural Family Therapy. 3. Strategic Therapy. 4. Milan Systemic Approach. 5. MRI Approach. 6. Satir's Communication Approach. 7. Symbolic-Experiential Family Therapy. 8. Intergenerational Family Therapy. 9. Cognitive-Behavioral Family Therapy. 10. Solution-Focused Therapy. 11. Narrative Therapy. 12. Collaborative Therapies. Internet and Video Resources. Index.

theory and practice of couples and family counseling: 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.

theory and practice of couples and family counseling: Attachment Processes in Couple and Family Therapy Susan M. Johnson, Valerie E. Whiffen, 2005-12-15 This practical book presents cutting-edge approaches to couple and family therapy that use attachment theory as the basis for new clinical understandings. Fresh and provocative insights are provided on the nature of interactions between adult partners and among parents and children; the role of attachment in distressed and satisfying relationships; and the ways attachment-oriented interventions can address individual problems as well as marital conflict and difficult family transitions. With contributions from leading clinicians and researchers, the volume offers both general strategies and specific techniques for helping clients build stronger, more supportive relational bonds.

theory and practice of couples and family counseling: Foundations of Couples, Marriage, and Family Counseling David Capuzzi, Mark D. Stauffer, 2015-01-07 A comprehensive

and practical approach to the world of marriage, couples, and family counseling Esteemed academics David Capuzzi and Mark D. Stauffer present the theory, research, and real-life practice of today's counselors and therapists in family therapy settings. Aligned with the Council for Accreditation of Counseling and Related Educational Programs (CACREP) and Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE), this useful text covers foundational teaching important to readers, but also critical modern topics not included in other texts, such as sexuality, trauma, divorce, domestic violence, and addictions, filial play therapy, and using community genograms to position culture and context in family therapy. With a unique focus on practical applications, the book discusses the major family therapy theories, and provides graduate students and post-graduate learners in counseling, mental health, and behavioral health fields the skills and techniques they need to help couples and families as part of their work in a variety of helping environments. Each chapter contains case studies and anecdotes that help readers think critically about the issues they are likely to deal with as clinicians. Written by recognized and respected contributors, this book helps readers see the connection between what they know and what happens in couples and family counseling sessions. Readers will: Learn the knowledge and skills essential to family therapy Understand the history, concepts, and techniques associated with major theories Examine the key issues specific to couples work, with relevant intervention Explore solutions to the complexities generated by special issues Discusses the modern realities of family, diversity and culture, and systemic contexts Family and couples counseling presents a complex interplay of various factors inherent to each individual, the dynamic interplay between each person's issues, and the outside influences that shape behavior. Foundations of Couples, Marriage, and Family Counseling helps readers sort out the complexity and guide clients toward lasting resolution.

theory and practice of couples and family counseling: Theory and Practice of Couples and Family Counseling James Robert Bitter, 2020-09-07 This introduction to couples and family counseling lays the foundation for student skill-building by encouraging the development of personal, professional, and ethical standards of practice. This third edition has been expanded to include couples counseling and updated to reflect recent research and current practice. Primary text features include a genogram delineating the history of the field; a comprehensive discussion of 13 widely used theories with real-life examples of quality work for each approach; a single, bicultural couple/family system case for comparison across models; and strategies for the integration and application of the models into clinical practice with diverse clients. To help readers apply the concepts they have learned, Dr. Bitter provides numerous Illustrative examples, case studies, sample client dialogues, and exercises for personal and professional growth. *Requests for digital versions from ACA can be found on www.wiley.com *To request print copies, please visit the ACA <https://imis.counseling.org/store/detail> *Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

theory and practice of couples and family counseling: Case Studies in Couples Therapy David K. Carson, Montserrat Casado-Kehoe, 2013-06-19 This up-to-date, highly readable, theory-based, and application-oriented book fills a crucial void in literature on couple 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 and research with little practical application, or taking a cookbook approach that describes specific techniques and interventions that are divorced from any conceptual or theoretical base. However, couples therapy 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.

theory and practice of couples and family counseling: Common Factors in Couple and Family Therapy Douglas H. Sprenkle, Sean D. Davis, Jay Lebow, 2009-08-10 Doug Sprenkle - Awarded the American Family Therapy Academy (AFTA) 2010 Award for Distinguished Contribution to Family Therapy Research and Practice! Grounded in theory, research, and extensive clinical experience, this pragmatic book addresses critical questions of how change occurs in couple and family therapy and how to help clients achieve better results. The authors show that regardless of a clinician's orientation or favored techniques, there are particular therapist attributes, relationship variables, and other factors that make therapy specifically, therapy with couples and families more or less effective. The book explains these common factors in depth and provides hands-on guidance for capitalizing on them in clinical practice and training. User-friendly features include numerous case examples and a reproducible common factors checklist.

theory and practice of couples and family counseling: Recreating Partnership Phillip Ziegler, Toby Hiller, 2001-07-31 All couples go through challenging times: some survive and thrive, others don't. How can we understand and use this distinction in the practical application of therapy? In their solution-oriented, competency-based approach to couples therapy, Phillip Ziegler and Tobey Hiller answer this question. In Recreating Partnership, an innovative, theoretically sound, and practical handbook for clinicians, Ziegler and Hiller present a bold and clinically useful concept, the good story/bad story dichotomy. The book shows clinicians how to use this narrative concept in conducting effective and efficient relationship therapy that will help couples build solutions collaboratively, invigorate partnership, and thrive, each in their own unique ways. The book covers issues such as establishing rapport with antagonistic partners; developing therapeutic goals; hosting conversations that reinvigorate the couple's good story; how, when, and whether to offer task assignments; addressing issues such as domestic violence; and how to bring therapy to a close, as well as many cogent and helpful transcripts. Written for psychologists, social workers, marriage and family therapists, and anyone who works with couples, Recreating Partnership will be exciting and useful to both the novice and experienced practitioner.

theory and practice of couples and family counseling: Becoming a Family Counselor Thomas W. Blume, 2006-04-07 A complete and accessible resource for working with couples and families Becoming a Family Counselor sets a new standard for family therapy texts. Working from a broad historical orientation, it focuses on the common themes that reappear across various theoretical approaches and connects family practice with individual approaches. Crossing boundaries of generation, gender, race, and culture, this useful introduction presents current thinking related to today's practice issues. The text begins with an overview of couple and family counseling, emphasizing the diversity and unity in the field. The development of the field is examined, from its roots in the nineteenth century through its identity crisis in the 1980s. Subsequent chapters lay out an integrated approach to contemporary family research, theory, and therapy; core chapters focus on understanding the contributions of behavioral, organizational, narrative, emotional, and spiritual perspectives. The last section of the book offers practical chapters on conducting family therapy in organizational contexts that often define the client in individual terms. Readers are encouraged to balance a change orientation with a respect for continuity and tradition. Complete with illuminating case studies, self-evaluation exercises, suggestions for independent study, and current ethics codes, Becoming a Family Counselor is a dynamic resource suitable for both students and practicing mental health professionals.

theory and practice of couples and family counseling: Couple Therapy Len Sperry, Paul Peluso, 2018-10-09 This new edition of Couples Therapy tackles four challenges currently facing the

field: (1) accountability and the increasing demands for demonstrating effectiveness as a condition for reimbursement, (2) the need for practitioners to reconfigure their practice patterns in an ever-involving health-care system, (3) training mental health practitioners who have not completed marital and family therapy (MFT) programs, and (4) integrating new couples approaches and interventions into everyday clinical practice. The book offers a focused vision and successful strategies for working effectively with couples, both today and tomorrow. It incorporates the best insights from the neurosciences as well as new couples theories, research, and evidence-based interventions, introducing approaches including psychoanalytic, systemic, cognitive behavioral, Adlerian, constructivist, third wave, integrative, and mindfulness-based. Chapters also present practical applications and professional considerations, with a comprehensive look at how to work with diverse issues in couples therapy, such as substance abuse, domestic violence, sexual dysfunction, infidelity, aging, and much more. This third edition of *Couples Therapy* is an essential resource for students as well as mental health practitioners, social workers, and family counselors who are keen to better meet the needs of couples and the demands of the changing healthcare landscape.

theory and practice of couples and family counseling: *Marriage, Couple, and Family Therapy* Brandé Flamez, Janet Hicks, 2018-04-19 *Marriage, Couple, and Family Therapy: Theory, Skills, Assessment, and Application* gives readers a strong foundation in marriage and family therapy history, theory, and clinical assessment, and supports the development of skills and competencies needed to be effective, ethical counseling practitioners. The book is organized into four sections. The first covers the history and conceptual frameworks of marriage and family counseling. The second focuses on research, intake, assessment, and progress evaluation, information not covered in any other comparable textbook. In the third section, students learn about the major schools and models of family therapy, while the fourth section is devoted to special issues in the discipline. Each section includes learning objectives based on COAMFTE and CACREP standards, guided practice exercises, reflections from contributors on how to use the material in real practice, case scenarios, and a list of additional resources. Effectively blending instruction and application, *Marriage, Couple, and Family Therapy* is ideal for courses in marriage and family counseling, family issues, and psychology for pre-service practitioners. Brand Flamez, Ph.D., LPC, NCC, is a licensed professional counselor and clinical professor at Lamar University. Her background includes working with children, adolescents, and families in community-based and private counseling settings. She is the CEO and founder of the nonprofit SALTworld Inc., which provides donations and volunteer services to developing countries. She has served as president of the International Association of Marriage and Counselors, has received numerous national awards, and has presented at national and international conferences. She is the author of numerous book chapters and articles and serves on the editorial board of *The Family Journal*. Janet Hicks, LPC, CSC, currently serves as professor and director of the Mental Health Counseling Program at Belmont University. Her writing has appeared in numerous publications and book chapters and she has been invited to present at national conferences such as the American Counseling Association Conference and Expo. She has received several honors and awards including induction into the American Counseling Association Fellows in 2015. She has chaired committees for the International Association of Marriage and Family Counselors as well as the Texas Counseling Association.

theory and practice of couples and family counseling: *Couples Therapy* Len Sperry, Jon Carlson, Paul R. Peluso, 2006 Provides a panoramic view of changing social and cultural trends that influence the institution of marriage. This book covers ideas for resolving distress in intimate relationships. It explores the elements of relational ethics for professionals in the field. It is aimed at mental health professionals, family counselors, and other professionals.

theory and practice of couples and family counseling: *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

theory and practice of couples and family counseling: *Introduction to Family Theory and Therapy* June Blumenthal Green, 2003 This book traces the conception of systemic theory and how it continues to be adapted by various theorists and therapists in the treatment of families. The philosophy of the book seeks to encourage students to consider themselves as part of the systems with which they work, and to respect their own strengths and personalities even as they encourage clients to do the same. The theme of this book points out that although each theory that it discusses has its own value for working with families, some are more or less effective for specific populations, cultures and issues.

theory and practice of couples and family counseling: *Couples and Family Therapy in Clinical Practice* Ira D. Glick, Douglas S. Rait, Alison M. Heru, Michael Ascher, 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.

theory and practice of couples and family counseling: *Love, Intimacy, and the African American Couple* Katherine M. Helm, Jon Carlson, 2013-03-12 This exciting new text on counseling African American couples outlines critical components to providing culturally-sensitive treatment. Built around a framework that examines African American couples' issues as well as the specific contextual factors that can negatively impact their relationships, it: • Addresses threats to love and intimacy for Black couples • Provides culturally relevant, strengths-based approaches and assessment practices • Includes interesting case studies at the conclusion of each chapter that illustrate important concepts. The chapters span the current state of couple relationships; readers will find information for working with lesbians and gays in relationships, pastoral counseling, and intercultural Black couples. There is also a chapter for non-Black therapists who work with Black clients. Dispersed throughout the book are interviews with prominent African American couples' experts: Dr. Chalandra Bryant, relationship expert Audrey B. Chapman, Dr. Daryl Rowe and Dr. Sandra Lyons-Rowe, and Dr. Thomas Parham. They provide personal insight on issues such as the strengths African Americans bring to relationships, their skills and struggles, and gender and class considerations. This must-read book will significantly help you and your clients.

theory and practice of couples and family counseling: *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.

theory and practice of couples and family counseling: Doing Couple Therapy Tobey Bobes, Barbara Rothman, 2002-04-30 How do couples get beyond the reactivity and blaming that destroy self-esteem and good will? How can couples sort out the multiple layers and complexities in their relationships? Is it possible to move from impasse to dialogue? Here, in one brief volume, are the answers to these questions and many others. *Doing Couple Therapy* will be a lifesaver for family therapy students and beginning therapists. In a straightforward manner, the authors sift through years of family therapy theory to draw out for readers a treasury of ways to sort out the many factors, past and present, that crowd couples' relationships. These include family-of-origin issues, previous relationships, secrets, children, in-laws, unresolved issues, job demands, financial worries—to name just a few. The authors' framework, built from the major influential theories of family and marital therapy, will enable therapists to work effectively and briefly, though not superficially, with couples. The book not only presents theory but also links theory with practice. An extraordinary contribution is the presentation of a typical case from beginning to end, through tender moments, rough spots, family-of-origin work, revelation of deeply held secrets, alcohol abuse, ultimatums, and finally, renewal of commitment to the relationship. This practical, real-life guide to couple therapy will give both students and seasoned therapists a new take on the demanding work of couple therapy.

theory and practice of couples and family counseling: 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.

theory and practice of couples and family counseling: Family Therapy Samuel T. Gladding, 2014-09-18 For courses in Marriage and Family Counseling, Marital Therapy, and Family Therapy. Inviting, well-illustrated, and developmental in approach—a comprehensive look at the theory and practice of working with families. Considered the most thorough, well-written text in the field, Samuel T. Gladding's, *Family Therapy: History, Theory, and Practice*, give readers clear coverage of all aspects of working with couples and families from proven, evidence-based theories. In a user-friendly organization and writing style, it covers important background information on healthy and functional families and different types of families, and includes an overview of how individual and family life cycles intertwine. The basic processes involved in treating couples and families are made clear, before delving into a dozen theoretical ways of treating families. Thoroughly updated, the Sixth Edition of *Family Therapy*, includes an abundance of examples and case studies, new illustrations, more than 175 new references, helpful learning objectives at the beginning of each chapter, a new chart comparing the different therapies, and more.*User-friendly and well illustrated, this book is developmental in its approach to working therapeutically with families. *The practitioner-oriented focus shows how to work with different types of families. *Illustrations, diagrams, summaries, examples, case studies, and a glossary help readers understand and retain the main points in the text. *NEW Realigned chapters put new emphasis on some of the materials in former chapters.

theory and practice of couples and family counseling: Marital Therapy Joseph H. Brown,

Carolyn S. Brown, 2002 This book is designed to help entry-level marital therapists learn the concepts and skills necessary for effective practice. The authors emphasize the concepts and skills necessary for effective practice and focus on the current trends toward accountability and the requirements of mental health care brought about by the managed care environment. Stressing the relational perspective, the text helps readers to learn how to develop multiple views of the problem and select appropriate skills.

theory and practice of couples and family counseling: Handbook of Family Therapy Mike Robbins, Tom Sexton, Gerald Weeks, 2004-03-01 This new Handbook of Family Therapy is the culmination of a decade of achievements within the field of family and couples therapy, emerging from and celebrating the dynamic evolution of marriage and family theory, practice, and research. The editors have unified the efforts of the profession's major players in bringing the most up-to-date and innovative information to the forefront of both educational and practice settings. They review the major theoretical approaches and break new ground by identifying and describing the current era of evidence-based models and contemporary areas of application. The Handbook of Family Therapy is a comprehensive, progressive, and skillful presentation of the science and practice of family and couples therapy, and a valuable resource for practitioners and students alike.

theory and practice of couples and family counseling: The Practice of Family Therapy Suzanne Midori Hanna, 2018-10-15 Now in its fifth edition, The Practice of Family Therapy comes at a time when traditional approaches to psychotherapy have given way to multidimensional strategies that best serve the needs of diverse groups who are grappling with the many challenges unique to family therapy practice. With expanded coverage of different models, along with new developments in evidence-based and postmodern practices, this integrative textbook bridges the gap between science and systemic/relational approaches, as it guides the reader through each stage of family therapy. Part I lays the groundwork by introducing the first-, second-, and third-generation models of family therapy, teaching the reader to integrate different elements from these models into a systemic structure of practice. Part II explores the practical application of these models, including scripts for specific interventions and rich case examples that highlight how to effectively work with diverse client populations. Students will learn how to make connections between individual symptoms and cutting-edge family practices to respond successfully to cases of substance abuse, trauma, grief, depression, suicide risk, violence, LGBTQ families, and severely mentally ill clients and their families. Also included are study guides for each model and a glossary to review main concepts. Aligned with the Association of Marital and Family Therapy Regulatory Boards' (AMFTRB) knowledge and content statements, this textbook will be key reading for graduate students who are preparing for the national licensing exam in marriage and family therapy.

theory and practice of couples and family counseling: 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.

theory and practice of couples and family counseling: Adlerian Group Counseling and Therapy James Robert Bitter, Manford A. Sonstegard, Peggy Pelonis, 2004-05 Adlerian Group Counseling and Therapy: Step-by-Step represents a distillation of some of the most significant ideas pertaining to the group work of Alfred Adler and Rudolf Dreikurs. Drs. Manford Sonstegard and James Bitter illustrate the development of a group from its formation to its final stage, giving readers a clear picture of what is important to accomplish at each stage of the group. This book also addresses many practical dimensions of the Adlerian group process, including: forming a group relationship; creating a democratic and accepting climate; conducting psychological assessments; increasing the awareness and insight of group members; translating group insight into action; methods of re-education through encouragement; and building on personal strengths discovered within the group experience.

theory and practice of couples and family counseling: An Introduction to Marriage and Family Therapy Joseph L. Wetchler, Lorna L. Hecker, 2014-08-27 Now in its second edition, this text introduces readers to the rich history and practice of Marriage and Family Therapy, with 32 professionals from across the US presenting their knowledge in their areas of expertise. This blend of approaches and styles gives this text a unique voice and makes it a comprehensive resource for graduate students taking their first course in Marriage and Family Therapy. The book is divided into three sections: Part 1 focuses on the components on which 21st century family therapy is based and summarizes the most recent changes made to not only therapeutic interventions, but to the very concept of "family." Part 2 presents an overview of the 7 major theoretical models of the field: structural, strategic, Milan, social constructionist, experiential, transgenerational, and cognitive-behavioral family therapy. Each chapter in this section • Focuses on the founder of the theory, its theoretical tenants, and its key techniques • Shows how the model focuses on diversity • Presents the research that supports the approach Part 3 addresses specific treatment areas that are common to marriage and family therapists, such as sex therapy, pre-marital therapy, research, and ethics and legal issues. As an introduction to the field of Marriage and Family Therapy, this volume stands above the rest. Not only will readers gain an understanding of the rich history of the field and its techniques, but they will also see a complete picture of the context in which families are embedded, such as gender, culture, spirituality, and sexual orientation. This knowledge is the key to understanding what differentiates Marriage and Family Therapy from individual psychotherapy. Glossaries, case studies, tables, figures, and appendices appear generously throughout the text to present this information and give students a thorough overview to prepare them for their professional lives.

theory and practice of couples and family counseling: Cognitive and Rational-Emotive Behavior Therapy with Couples Ann Vernon, 2012-12-09 The book addresses the problems that couples experience through the life cycle. Each chapter includes an up-to-date review of the literature pertinent to the topic, with a focus on practical interventions which are generally based upon, but not limited to, cognitive and rational emotive behavioral principles. Case studies or vignettes further illustrate application of principles. Worksheets, checklists, or other resources that would be useful in working with couples are also included where relevant. This book presents interventions based upon research, theory, and most of all on practice. And is relevant to marriage and family therapists, mental health counselors, psychologists and psychiatrists, nurse practitioners, family law experts, social workers and relationship coaches. In addition, it can serve as a textbook for students in marriage and family therapy.

theory and practice of couples and family counseling: Marriage and Family Therapy Linda Metcalf, MEd, PhD, LMFT, LPC, 2018-12-27 This text provides students of family therapy with a unique opportunity to understand and compare the inner workings of 14 traditional and non-traditional family therapy models. The book demonstrates, through innovative "guiding templates," how the different therapeutic models are applied in an actual family therapy situation. The second edition features a new chapter on neuroscience, new interviews with master therapists

on topics such as LGBT families, EMDR and research, and coverage of ethical issues concerning electronic safety and telephonic therapy. Overviews of every model include history, views of change, views of the family, and the role of the therapist. Chapters on every model also provide responses to one, realistic case study with commentary and analysis by master therapists to illustrate how each one addresses the same scenario. Interviews with master therapists illustrate how each mode of therapy actually “works” and how therapists “do it.” Print version of the book includes free, searchable, digital access to the entire contents! New to the Second Edition: Examines neuroscience and its role in family therapy New chapter on solution focused narrative therapy with families Includes enhanced coverage of self-care and mindfulness for the therapist Contains educator resources including instructor’s manual, PowerPoint slides, and a test bank Updated references provide current developments in the field of marriage and family therapy Provides insight on submitting research articles for publication through an interview with a current journal editor Reports on current, revised ethical guidelines from the AAMFT Key Features: Provides a guiding template for each family therapy model from assessment through termination Describes a practice-oriented approach to family therapy Uses a single case study throughout the book where different approaches to therapy are applied by master therapists Introduces the theory, history, theoretical assumptions, techniques, and components of each model Includes numerous interviews, case study commentary, and analyses by master therapists

theory and practice of couples and family counseling: 10 Principles for Doing Effective Couples Therapy (Norton Series on Interpersonal Neurobiology) Julie Schwartz Gottman, John M. 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 inside the consulting rooms of their practice. 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 “treat the relationship,” but how are you supposed to get at 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? • Compared to an individual client, a relationship is an entirely different animal. What should you do first? What should you look for? What questions should you ask? If clients give different answers, who should you 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.

theory and practice of couples and family counseling: Constructivist, Critical, And Integrative Approaches To Couples Counseling Michael D. Reiter, Ronald J. Chenail, 2017-01-20 Couples counseling is distinct from individual and family therapy and, while ideas from these other formats may be overlapping, applying theoretical concepts to couples has distinctive challenges. Constructivist, Critical, and Integrative Approaches to Couples Counseling is unique in that it addresses how to conceptualize various theories around a single case. By discussing only one case, the reader is more readily able to compare and contrast the theoretical ideas of each theory, as well as the pragmatics of techniques. Five theories are discussed around four consistent parts: history, theory of problem formation, theory of problem resolution, and case transcript. This book follows the same format as its companion Behavioral, Humanistic-Existential, and Psychodynamic Approaches to Couples Counseling.

theory and practice of couples and family counseling: Applying Critical Social Theories to Family Therapy Practice Teresa McDowell, 2015-03-18 This volume applies critical social theories to family therapy practice, using sociopolitical context for a clearer focus on the power dynamics of couple and family relationships. Its decolonizing approach to therapy is shown

countering the pervasive cultural themes that grant privilege to specific groups over others, feeding unequal and oppressive relationships that bring families and couples to treatment. Therapy is shown here as a layered and nuanced process, with practitioners developing an ethical human rights perspective toward their work as they aid clients in negotiating for greater justice and equity in their relationships. The book bridges theory and practice by giving readers these essential tools: Strategies for asking clients about social class. A framework for understanding gender issues within the larger patriarchy. Guidelines for relating concepts of race and class in therapy. Structure for creating the family cartography. Ways to utilize a queer perspective in therapy. Illustrative case examples throughout. Breaking new ground in family therapy, *Applying Critical Social Theories to Family Therapy Practice* challenges social workers, social work researchers, therapists, and psychologists to push beyond current ideas of social awareness and cultural competence toward truly liberatory client-centered practice. .

theory and practice of couples and family counseling: Strong Couples Kirsten Winther Murray, 2019-01-25 *Strong Couples: Basic Skills that Elicit Connection and Transform Relationships* introduces an intelligent and flexible framework to guide sessions with couples. Informed by grounded theory research, this book provides a foundation for understanding couples' needs and advancing sessions toward lasting and meaningful change. Drawing on illustrated case examples throughout, Murray demonstrates the value of couples counseling for all by providing an adaptive structure to be applied across diverse contexts and circumstances. With chapters focused on areas of self and relational awareness, genuine engagement, vulnerability and responsiveness, sharing responsibility, and valuing one another, this book will help counselors guide couple discoveries and new relationship experiences. Each chapter is fully integrated with therapeutic techniques to realize this process. Mobilizing the couple's initiative to explore and develop their relationship, this book will aid counselors and marriage and family therapists alike to implement purposeful steps for helping couples change.

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family therapy. Part VII: Research in Family and Marital Therapy. The state of family therapy research: a positive prognosis. Couples therapy research: status and directions. Conclusion and future directions. References. Index.

theory and practice of couples and family counseling: Diversity in Couple and Family Therapy Shalonda Kelly, 2016-12-12 This unprecedented volume provides a primer on diverse couples and families—one of the most numerous and fastest-growing populations in the United States—illustrating the unique challenges they face to thrive in various cultural and social surroundings. In *Diversity in Couple and Family Therapy: Ethnicities, Sexualities, and Socioeconomics*, a clinical psychologist and couples and family therapist with nearly two decades' experience leads a team of experts in addressing contemporary elements of diversity as they relate to the American family and covering key topics that all Americans face when establishing their identities, including racial and ethnic identity, gender and sexual orientation identity, religious and spiritual identity, and identity intersections and alternatives. Moreover, it includes chapters on cross-cultural assessment of health and pathology and tailoring treatment to diversity. Every chapter includes vignettes that serve to illustrate the nuances of and solutions to the concerns and issues, as well as the strengths and resilience often inherent in diverse couples or families. Effective methods of coping with stereotypes, intergenerational trauma, discrimination, and social and structural disparities are presented, as are ways to assess and empower couples and families. This text includes experiences and traditions of subgroups that typically receive little attention from being seen as too common, such as white and Christian families, or from being seen as too uncommon, such as couples and families from specific Native American tribes and multiracial couples and families. Thus, it addresses the curricular changes needed to master the diversity found in contemporary American couples and families. The text offers a holistic perspective on diverse couples and families that is consistent with the increasing prominence of models that transcend individual diagnoses and biology to include social factors and context. Theory, policy, prevention, assessment, treatment, and research considerations are included in each chapter. Topics include African American, Asian American, Latino, Native American, white, biracial/multiracial, intercultural, LGBT, Christian, Jewish, and Muslim couples and families as well as diverse family structures. The depth of every chapter includes attention to subgroups within each category, such as African American and Caribbean couples and families, as well as those who represent the intersection between varying oppressed identities, such as an intercultural gay family, or a poor, homeless interracial couple. Additionally, each chapter provides a review section with condensed and easy-to-understand summaries of the key take-away lessons.

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theory and practice of couples and family counseling: *Couple, Marriage, and Family Therapy Supervision* Karin B. Jordan, PhD, 2015-12-02 Marriage and Family Therapy (MFT) is a profession that is expected to grow rapidly over the next ten years. This timely text provides the essential knowledge base for all facets of supervision in marriage and family therapy that is required to become an AAMFT Approved Supervisor. The book focuses specifically on the distinctive model of supervision used in Marriage and Family Therapy and further examines the unique supervisory issues arising within different approaches to the profession. Distinguished by its use of a single case example across chapters to help clarify how different theories differ and overlap, the book embraces the full range of theoretical approaches, in addition to featuring a "nuts and bolts" approach to the day-to-day fundamentals of MFT supervision. Grounded in the most up-to-date literature, the text discusses methods and issues of MFT supervision within multigenerational, structural, cognitive-behavioral, narrative, feminist, integrative, brief, and other supervision models. The text also surveys the most important and emerging settings and populations in which marriage and family therapists work, including medical and post-disaster trauma-informed practices. It covers legal and ethical issues and discusses how culture, gender, and ethnicity must be considered during the supervision process. The text also addresses how to tailor supervision to the supervisee's developmental level. Examples of common supervision dilemmas vividly demonstrate foundational principles. With contributions from leading marriage and family therapy educators and experienced supervisors, the text is designed for therapists at both the Master's and Doctoral levels who seek the Approved Supervisor Credential and for MFT faculty who teach the AAMFT supervision course. Key Features: Meets the learning requirements for AAMFT-mandated courses leading to certification as an approved supervisor Covers the fundamentals of supervision in the systemic context that lies at the heart of marriage and family therapy Covers supervision in the major approaches to MFT, including cognitive-behavioral, brief, narrative, structural, and other orientations Provides an illustrative case study across all supervision models to demonstrate the uniqueness and similarities of each approach Includes coverage of important populations and settings for MFT, such as medical and post-disasters.

theory and practice of couples and family counseling: *Clinical Interventions in Systemic Couple and Family Therapy* Roberto Pereira, Juan Luis Linares, 2018-07-06 This timely update presents modern directions in systemic therapy practice with couples and families, focusing on clinical innovations from Italy, Portugal, and Spain. Top therapists discuss their breakthrough family work in treating familiar pathologies such as depression, borderline personality disorder, infidelity, and addictions, providing first-hand insight into meeting relational dysfunction with creativity and resourcefulness. The book applies novel conceptualizations and fresh techniques to complex situations including multi-problem families, involuntary clients, disability-related issues, anorexia, love and sex in aging, and family grief. From tapping into the strengths of siblingship to harnessing the therapeutic potential of the Internet, the book's cases illustrate the rich variety of opportunities to improve client outcomes through systemic couple and family therapy. This practical guide: Demonstrates strategies for therapists to improve practice Exemplifies methods for reducing the gap between clinical theory and practice Identifies multiple dimensions of systems thinking in case formulation and therapy Offers new insights into treating classic and recent forms of

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theory and practice of couples and family counseling: *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.

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