

Cognitive Behavioral Couples Therapy Techniques

Behavioral Couples Therapy for Alcoholism and Drug Abuse Behavioral Couples Therapy for Alcoholism and Drug Abuse Behavioral Couples Therapy for Substance Abuse: Rationale, Methods, and Findings: A Reprint from "Science and Practice Perspectives" Clinical Handbook of Couple Therapy, Fourth Edition Clinical Handbook of Couple Therapy, Fifth Edition Behavioral Couples Therapy Textbook of Family and Couples Therapy The Intercultural Exeter Couples Model Rational-emotive Couples Therapy Couples Therapy Abnormal Psychology Couples Therapy Marital Therapy Behavioral Group Therapy, 1979 Behavioral, Humanistic-Existential, and Psychodynamic Approaches to Couples Counseling Abnormal Psychology, with Cases Behavioral Group Therapy International Encyclopedia of Marriage and Family Handbook of Brief Cognitive Behaviour Therapy APA College Dictionary of Psychology Timothy J. O'Farrell Timothy J. O'Farrell Alan S. Gurman Alan S. Gurman G. Pirooz Sholevar Janet Reibstein Albert Ellis Daniel B. Wile Ann M. Kring Linda Berg-Cross Neil S. Jacobson Dennis Upper Michael D. Reiter Gerald C. Davison James J. Ponzetti Frank W. Bond American Psychological Association Behavioral Couples Therapy for Alcoholism and Drug Abuse Behavioral Couples Therapy for Alcoholism and Drug Abuse Behavioral Couples Therapy for Substance Abuse: Rationale, Methods, and Findings: A Reprint from "Science and Practice Perspectives" Clinical Handbook of Couple Therapy, Fourth Edition Clinical Handbook of Couple Therapy, Fifth Edition Behavioral Couples Therapy Textbook of Family and Couples Therapy The Intercultural Exeter Couples Model Rational-emotive Couples Therapy Couples Therapy Abnormal Psychology Couples Therapy Marital Therapy Behavioral Group Therapy, 1979 Behavioral, Humanistic-Existential, and Psychodynamic Approaches to Couples Counseling Abnormal Psychology, with Cases Behavioral Group Therapy International Encyclopedia of Marriage and Family Handbook of Brief Cognitive Behaviour

Therapy APA College Dictionary of Psychology *Timothy J. O'Farrell Timothy J. O'Farrell Alan S. Gurman Alan S. Gurman G. Pirooz Sholevar Janet Reibstein Albert Ellis Daniel B. Wile Ann M. Kring Linda Berg-Cross Neil S. Jacobson Dennis Upper Michael D. Reiter Gerald C. Davison James J. Ponzetti Frank W. Bond American Psychological Association*

this eminently practical guide presents an empirically supported approach for treating people with substance abuse problems and their spouses or domestic partners behavioral couples therapy bct explicitly focuses on both substance use and relationship issues and is readily compatible with 12 step approaches provided are all the materials needed to introduce bct implement a recovery contract to support abstinence work with clients to increase positive activities improve communication and reduce relapse risks and deal with special treatment challenges appendices include a session by session treatment manual and 70 reproducible checklists forms and client education posters the large size format and lay flat binding facilitate photocopying and enhance the book s clinical utility

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this authoritative handbook provides a definitive overview of the theory and practice of couple therapy noted contributors many of whom developed the approaches they describe combine clear conceptual exposition with thorough descriptions of therapeutic techniques in addition to presenting major couple therapy models in step by step detail the book describes effective applications for particular populations and problems chapters adhere closely to a

uniform structure to facilitate study and comparison enhancing the book's utility as a reference and text see also clinical casebook of couple therapy also edited by alan s. gurman which presents in depth illustrations of treatment

regarded as the authoritative reference and text this handbook presents the most effective widely studied approaches to couple therapy the distinguished coeditors bring together other leading experts most of whom developed the approaches they describe adhering closely to a uniform structure to facilitate study and comparison chapters cover the history theoretical and empirical underpinnings and techniques of each model the volume also describes cutting edge applications for particular relationship contexts such as blended families lgbt couples and separated couples and clinical problems such as partner aggression psychological disorders and medical issues new to this edition chapters on interpersonal neurobiology and intercultural relationships chapters on couple therapy for ptsd functional analytic couple therapy and the integrative problem centered metaframeworks approach many new authors extensively revised with the latest theory and research see also clinical casebook of couple therapy edited by alan s. gurman which presents in depth illustrations of treatment

stuart utilizes basic principles of behavioral therapy to empower clients to change their own behaviors and develop insight and understanding into how what they do influences the behavior of others in this video stuart works with adele and wesley a couple with many elements of a successful marriage but struggling to find a way to stay together while issues from her past trouble adele wesley feels hurt and rejected and does not know how to recapture his loving feelings for his wife using information derived from a brief developmental history as well as pre session questionnaires stuart is able to quickly dive into the language and metaphor of each client using anecdotes and personal stories to reflect his understanding he then moves on to identify each of their primary concerns and reframe their understanding of problematic behaviors after negotiating strategies for achieving a mutually desired solution the clients are then asked to engage in specific behavioral changes that can be evaluated the following week consistently focusing on their strengths and the

positive aspects of their marriage stuart helps the couple re commit to each other in order to successfully undertake the behavioral changes asked for keywords couples family cognitive intimacy spark relationship relationships cognitive behavioral behavior behavioural behaviour counseling counselling social work social worker therapy psychotherapy psychotherapy net therapist supplied by publisher

table of contents part i introduction family theory and therapy an overview part ii family therapy theory and techniques introduction to family theories structural family therapy constructing therapy from strategic to systemic to narrative models psychodynamic family therapy multigenerational family systems theory of bowen and its application contextual therapy behavioral family therapy psychoeducational family intervention social network intervention gender sensitive family therapy techniques of family therapy family theories conclusion part iii family assessment initial and diagnostic family interviews family assessment the family life cycle a framework for understanding family development functional and dysfunctional families diagnosis of family relational disorders part iv family therapy with children and adolescents family therapy with children and adolescents an overview family therapy with children a model for engaging the whole family parent management training part v marital therapy marital therapy an overview psychodynamic couples therapy behavioral couples therapy the divorcing family characteristics and interventions the remarried family characteristics and interventions marital enrichment in clinical practice sex therapy at the turn of the century new awareness and response part vi family therapy with different disorders family variables and interventions in schizophrenia depression and the family interpersonal context and family family intervention and psychiatric hospitalization national alliance for the mentally ill nami and family psychiatry working toward a collaborative model alcoholic and substance abusing families family intervention with incest family therapy with personality disorders the impact of culture and ethnicity on family medical family therapy part vii research in family and marital therapy the state of family therapy research a positive prognosis couples therapy research status and directions conclusion and future directions references index

increase the efficacy of your treatment interventions in intercultural couples therapy the intercultural exeter couples model making connections for a divided world through systemic behavioral therapy provides practitioners with a thorough guide to effectively treating intercultural couples the book consists of a systematic effort to translate systemic ideas that take into account a cultural perspective into a highly useable and practical form the intercultural exeter couples model also attempts to marry two often distinct forms of practice the systemic and the behavioral both approaches have much to contribute to effective couples counselling but they are often theoretically siloed this book demonstrates the value of using both approaches simultaneously this book provides concrete and practical strategies for implementing systemic and behavioral approaches to intercultural couples therapy in a manner consistent with clinical best practice rather than ignoring the significant and complex impacts that differing cultures can have on a relationship the intercultural exeter couple model puts those differences front and center encouraging the therapist to engage with the cultural mismatch that can be at the core of many couples ongoing friction the book s chapters tackle both the model itself and a variety of interventions covering topics including teaching couples how to break patterns and prepare them to establish new ones training couples to communicate effectively establishing new modes of behavior in couples an explanation of empathic bridging maneuvers a description of the use of life space explorations perfect for clinicians students and professors interested in or practicing in the field of couples therapy the intercultural exeter couples model provides readers with an in depth exploration of an increasingly important model of couples therapy and describes in painstaking detail the interventions necessary to achieve positive patient outcomes

presents an innovative approach to couples therapy based upon a nonadversary therapeutic model that encourages partners to incorporate their conflicts and fantasies into their relationship sets forth a critique of the psychoanalytic behavioral and systems approaches and describes techniques for patient therapist collaboration and supportive therapeutic intervention on behalf of each partner includes strategies for handling angry partners withdrawn partners polarized partners and patients who reject the therapist s interpretations

a cut above the rest kring davison neale and johnson s abnormal psychology sets the standard for clarity cutting edge coverage authoritative content and clinical emphasis the authors invite students to examine the many different facets of psychopathology to search for clues follow up on hunches and evaluate evidence on the origins of these disorders and the effectiveness of specific interventions now in their new 10th edition the authors have also greatly expanded the text s pedagogical features making it even more student friendly engaging and informative current trends in the field are well reflected with the sections on genetics neuroscience and cognitive science jack nitschke university of wisconsin i was particularly impressed by the skill with which the authors were able to discuss complex material in a clear fashion janice kiecolt glaser ohio state university wileyplus helps students reach their full potential wileyplus provides everything needed to create an environment where students can reach their full potential and experience the exhilaration of academic success with wileyplus students can access a complete online version of the text with hyperlinks that extend content come to class better prepared for lectures receive immediate feedback and context sensitive help on assignments and quizzes with wileyplus professors can assign automatically graded homework and quizzes track students progress through the course administer their course even with existing course management systems including webct and blackboard visit wiley com college wileyplus or contact your wiley representative for more information also available case studies in abnormal psychology 7th edition thomas f oltmanns michele martin john m neale gerald c davison isbn 0 471 73112 9

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

first published in 1986 routledge is an imprint of taylor francis an informa company

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 behavioral humanistic existential and psychodynamic 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

provides a variety of extended case studies from oltmanns meale and davison s case studies in abnormal psychology 6 e the cases which are integrated in the text at the end of each disorder chapter are all based on actual clinical situations each case study describes a specific clinical problem and provides a foundation on which to organize and further discuss the material in the chapter from cover

online version of the 4 vol work published by macmillan reference usa

brief cognitive behaviour therapy can be applied to the treatment of a wide range of problems in many different settings in this unique handbook frank bond and windy dryden have brought together a prominent cast of authors to discuss issues concerning the definition assessment and in particular the practice of brief cognitive behaviour therapy cbt contents include the difference between brief and regular cbt and evidence for its effectiveness how to use brief cbt in your own area of practice applying brief cbt to emotional disorders anxiety workplace stress and more this handbook is accessible to a wide range of readers including academics practitioners psychotherapists counsellors and students training in cbt

this is a compact and economic student s version of the critically acclaimed apa dictionary of psychology it contains 5 000 entries offering clear and authoritative definitions including many revised and updated definitions from the parent dictionary it includes about 200 entries that have never appeared in the parent dictionary or its abridgment the apa concise dictionary of psychology selected through comparison with some of the best and most

popular textbooks currently in use on college campuses it offers basic coverage across 90 sub disciplines of psychology with special emphasis on field typically encountered in undergraduate studies general social developmental abnormal and cognitive psychology as well as neuroscience and basic methodology and statistics there is an appendix listing major figures in the history of psychology and their relation to outside disciplines and professions

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