

Cognitive Behavioral Couples Therapy Techniques

Behavioral Couples Therapy for Alcoholism and Drug Abuse Behavioral Couples Therapy for Alcoholism and Drug Abuse Clinical Handbook of Couple Therapy, Fourth Edition Behavioral Couples Therapy for Substance Abuse: Rationale, Methods, and Findings: A Reprint from "Science and Practice Perspectives" Encyclopedia of Cognitive Behavior Therapy Integrative Behavioral Couple Therapy The SAGE Encyclopedia of Marriage, Family, and Couples Counseling Clinical Handbook of Couple Therapy, Fifth Edition Handbook of Counseling Military Couples Foundations of Couples, Marriage, and Family Counseling Clinical Handbook of Couple Therapy Behavioral Couples Therapy Theory & Practice in Clinical Social Work The Oxford Handbook of Cognitive and Behavioral Therapies Clinical Casebook of Couple Therapy Handbook of LGBT-affirmative Couple and Family Therapy Couples and Family Therapy in Clinical Practice Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery The Intercultural Exeter Couples Model The Wiley-Blackwell Handbook of Family Psychology Timothy J. O'Farrell Timothy J. O'Farrell Alan S. Gurman Stephanie Felgoise Andrew Christensen Jon Carlson Alan S. Gurman Bret A. Moore David Capuzzi Jay L. Lebow Jerrold R. Brandell Christine Maguth Nezu Alan S. Gurman Jerry J. Bigner Ira D. Glick Gary L. Fisher Janet Reibstein James H. Bray Behavioral Couples Therapy for Alcoholism and Drug Abuse Behavioral Couples Therapy for Alcoholism and Drug Abuse Clinical Handbook of Couple Therapy, Fourth Edition Behavioral Couples Therapy for Substance Abuse: Rationale, Methods, and Findings: A Reprint from "Science and Practice Perspectives" Encyclopedia of Cognitive Behavior Therapy Integrative Behavioral Couple Therapy The SAGE Encyclopedia of Marriage, Family, and Couples Counseling Clinical Handbook of Couple Therapy, Fifth Edition Handbook of Counseling Military Couples Foundations of Couples, Marriage, and Family Counseling Clinical Handbook of Couple Therapy Behavioral Couples Therapy Theory & Practice in Clinical Social Work The Oxford Handbook of Cognitive and Behavioral Therapies Clinical Casebook of Couple Therapy Handbook of LGBT-affirmative Couple and

Family Therapy Couples and Family Therapy in Clinical Practice Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery The Intercultural Exeter Couples Model The Wiley-Blackwell Handbook of Family Psychology *Timothy J. O'Farrell Timothy J. O'Farrell Alan S. Gurman Stephanie Felgoise Andrew Christensen Jon Carlson Alan S. Gurman Bret A. Moore David Capuzzi Jay L. Lebow Jerrold R. Brandell Christine Maguth Nezu Alan S. Gurman Jerry J. Bigner Ira D. Glick Gary L. Fisher Janet Reibstein James H. Bray*

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

one of the hallmarks of cognitive behavior therapy is its diversity today since its inception over twenty five years ago this once revolutionary approach to psychotherapy has grown to encompass treatments across the full range of psychological disorders the encyclopedia of cognitive behavior therapy brings together all of the key aspects of this field distilling decades of clinical wisdom into one authoritative volume with a preface by aaron t beck founder of the cognitive approach the encyclopedia features entries by noted experts including arthur freeman windy dryden marsha linehan edna foa and thomas ollendick to name but a few and reviews the latest empirical data on first line therapies and combination approaches to give readers both insights into clients problems and the most effective treatments available common disorders and conditions anxiety depression ocd phobias sleep disturbance eating disorders grief anger essential components of treatment the therapeutic relationship case formulation homework relapse prevention treatment methods dialectical behavior therapy rebt paradoxical interventions social skills training stress inoculation play therapy cbt medicine combinations applications of cbt with specific populations children adolescents couples dually diagnosed clients the elderly veterans refugees emerging problems internet addiction chronic pain narcolepsy pathological gambling jet lag all entries feature reference lists and are cross indexed the encyclopedia of cognitive behavior therapy capably fills practitioners and educators needs for an idea book teaching text or quick access to practical workable interventions

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

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

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

the military imposes unique and often severe challenges to couples which clinicians particularly the growing numbers of civilian clinicians who see military couples often struggle to address these problems are only compounded by misunderstandings and misconceptions about what it means to be part of a specific branch of the military and part of the military as a whole handbook of counseling military couples includes a clear thorough introduction to military culture and to couple relationships in the military but more than that it provides readers with expert analyses of the special types of issues that come up for military couples and shows clinicians how to address them productively in the chapters readers will find the answers to questions such as how are military couples rights different from those of civilians what attitudes and beliefs about relationships might military members bring to a session and how are those different from those of civilians what is the state of marriage and divorce in each of the branches and within the military in general for a particular treatment modality how does research in with military members compare to that of civilians when should particular treatment strategies be used and why and how

foundations of couples marriage and family counseling a newly updated and practical approach to marriage couples and family counseling now in its second edition foundations of couples marriage and family counseling delivers a comprehensive treatment of current theory research and real life practice in family therapy the text is fully aligned with the council for accreditation of counseling and related educational programs cacrep and commission on accreditation for marriage and family therapy education coamfte it covers foundational and advanced topics of critical importance to student counselors and therapists seeking to work in family settings including sexuality trauma divorce domestic violence addictions filial play therapy and the positioning of culture and context in family therapy the new edition includes updated content in each chapter and entirely new chapters on assessments and helping families mitigate adapt and transition during crisis this important book covers the basic knowledge and skills essential to students and practitioners of couples and family therapy details the history concepts and techniques associated with crucial theories and includes a new chapter on the most up to date assessment strategies tackles contemporary issues and interventions in trauma divorce domestic violence sexuality and more at once comprehensive and concise the second edition of foundations of couples marriage and family counseling offers readers a guide to the complex and interconnected concepts required to support a full understanding of couples and

family therapy

now in a significantly revised sixth edition with 70 new material this comprehensive handbook has introduced tens of thousands of practitioners and students to the leading forms of couple therapy practiced today prominent experts present effective ways to reduce couple distress improve overall relationship satisfaction and address specific relational or individual problems chapters on major approaches follow a consistent format to help readers easily grasp each model s history theoretical underpinnings evidence base and clinical techniques chapters on applications provide practical guidance for working with particular populations such as stepfamily couples and lgbt couples and clinical problems such as intimate partner violence infidelity and various psychological disorders instructive case examples are woven throughout new to this edition chapters on additional clinical approaches acceptance and commitment therapy mentalization based therapy intergenerational therapy socioculturally attuned therapy and the therapeutic palette approach chapters on sexuality older adult couples and parents of youth with disruptive behavior problems chapters on assessment and common factors in couple therapy chapters on cutting edge special topics relationship enhancement telehealth interventions and ethical issues in couple therapy

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

today's clinical social workers face a spectrum of social issues and problems of a scope and severity hardly imagined just a few years ago and an ever widening domain of responsibility to overcome them theory and practice in clinical social work is the authoritative handbook for social work clinicians and graduate social work students that keeps pace with rapid social changes and presents carefully devised methods models and techniques for responding to the needs of an increasingly diverse clientele following an overview of the principal frameworks for clinical practice including systems theory behavioral and cognitive theories psychoanalytic theory and neurobiological theory the book goes on to present the major social crises problems and new populations the social work clinician confronts each day theory and practice in clinical social work includes 29 original chapters many with carefully crafted and detailed clinical illustrations by leading social work scholars and master clinicians who represent the widest variety of clinical orientations and specializations collectively these leading authors have treated nearly every conceivable clinical population in virtually every practice context using a full array of treatment approaches and modalities included in this volume are chapters on practice with adults and children clinical social work with adolescents family therapy and children's treatment groups other chapters focus on social work with communities affected by disasters and terrorism clinical case management cross cultural clinical practice psychopharmacology practice with older adults and mourning and loss the extraordinary breadth of coverage will make this book an essential source of information for students in advanced practice courses and practicing social workers alike

the oxford handbook of cognitive and behavioral therapies provides a contemporary and comprehensive illustration of the wide range of evidence based psychotherapy tools available to both clinicians and researchers chapters are written by the most prominent names in cognitive and behavioral theory assessment and treatment and they provide valuable insights concerning the theory development and future directions of cognitive and behavioral interventions unlike other handbooks that provide a collection of intervention chapters but do not successfully tie these interventions together the editors have designed a volume that not only takes the reader through underlying theory and

philosophies inherent to a cognitive and behavioral approach but also includes chapters regarding case formulation requisite professional cognitive and behavioral competencies and integration of multiculturalism into clinical practice the oxford handbook of cognitive and behavioral therapies clarifies terms present in the literature regarding cognitive and behavioral interventions and reveals the rich variety similarities and differences among the large number of cognitive and behavioral interventions that can be applied individually or combined to improve the lives of patients

an ideal supplemental text this instructive casebook presents in depth illustrations of treatment based on the most important couple therapy models an array of leading clinicians offer a window onto how they work with clients grappling with mild and more serious clinical concerns including conflicts surrounding intimacy sex power and communication parenting issues and mental illness featuring couples of varying ages cultural backgrounds and sexual orientations the cases shed light on both what works and what doesn't work when treating intimate partners each candid case presentation includes engaging comments and discussion questions from the editor see also clinical handbook of couple therapy fourth edition also edited by alan s. gurman which provides an authoritative overview of theory and practice

handbook of lgbt affirmative couple and family therapy provides a comprehensive and specific overview spanning thirty chapters of the diverse and complex issues involved in lgbt couple and family therapy

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

the scope includes behavioral addictions such as eating disorders gambling and compulsive shopping preparation of the profession is heavily featured in numerous articles on standards training ethics and professional organizations an

emphasis on expectations and current practice make this set an excellent resource for those preparing for work in their fields therefore this title is highly appropriate for academic libraries john r m lawrence this comprehensive resource makes a great companion to works such as edith m freeman's substance abuse treatment sage 1993 gary l fisher and thomas c harrison's substance abuse 4th ed allyn bacon 2008 and most of the works in guilford's substance abuse series highly recommended for research and academic libraries library journal reflecting the recent explosion in the knowledge base of all aspects of the alcohol and drug abuse field the encyclopedia of substance abuse prevention treatment and recovery presents state of the art research and evidence based applications the encyclopedia's approximately 350 a to z signed entries focus on the information that addiction treatment and prevention professionals and allied health professionals need to effectively work with clients john r m lawrence library journal reflecting the recent explosion in the knowledge base of all aspects of the alcohol and drug abuse field the presents state of the art research and evidence based applications the encyclopedia's approximately 350 a to z signed entries focus on the information that addiction treatment and prevention professionals and allied health professionals need to effectively work with clients john r m lawrence reflecting the recent explosion in the knowledge base of all aspects of the alcohol and drug abuse field the presents state of the art research and evidence based applications the encyclopedia's approximately 350 a to z signed entries focus on the information that addiction treatment and prevention professionals and allied health professionals need to effectively work with clients features provides comprehensive and authoritative coverage of such areas as the neurobiology of addiction models of addiction sociocultural perspectives on drug use family and community factors prevention theories and techniques professional issues the criminal justice system and substance abuse assessment and diagnosis and more focuses on concepts of addiction and treatment practices but also addresses commonly used and abused drugs including recreational prescription and over the counter offers a reader's guide that lists topic categories with specific entries presents cross references at the end of each entry to help readers locate related information in other entries as well as further readings for those who wish to pursue topics in more depth includes an appendix listing of 58 different drugs and substances with corresponding relevant entries the encyclopedia of substance abuse prevention treatment and recovery is intended for use by pre service and in service addiction prevention and treatment providers and allied professionals in the fields of criminal justice counseling social work public health nursing medicine

other health care professions education and family studies

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

the handbook of family psychology provides a comprehensive overview of the theoretical underpinnings and established practices relating to family psychology provides a thorough orientation to the field of family psychology for clinicians includes summaries of the most recent research literature and clinical interventions for specific areas of interest to family psychology clinicians features essays by recognized experts in a variety of specialized fields suitable as a required text for courses in family psychology family therapy theories of psychotherapy couples therapy systems theory and systems therapy

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