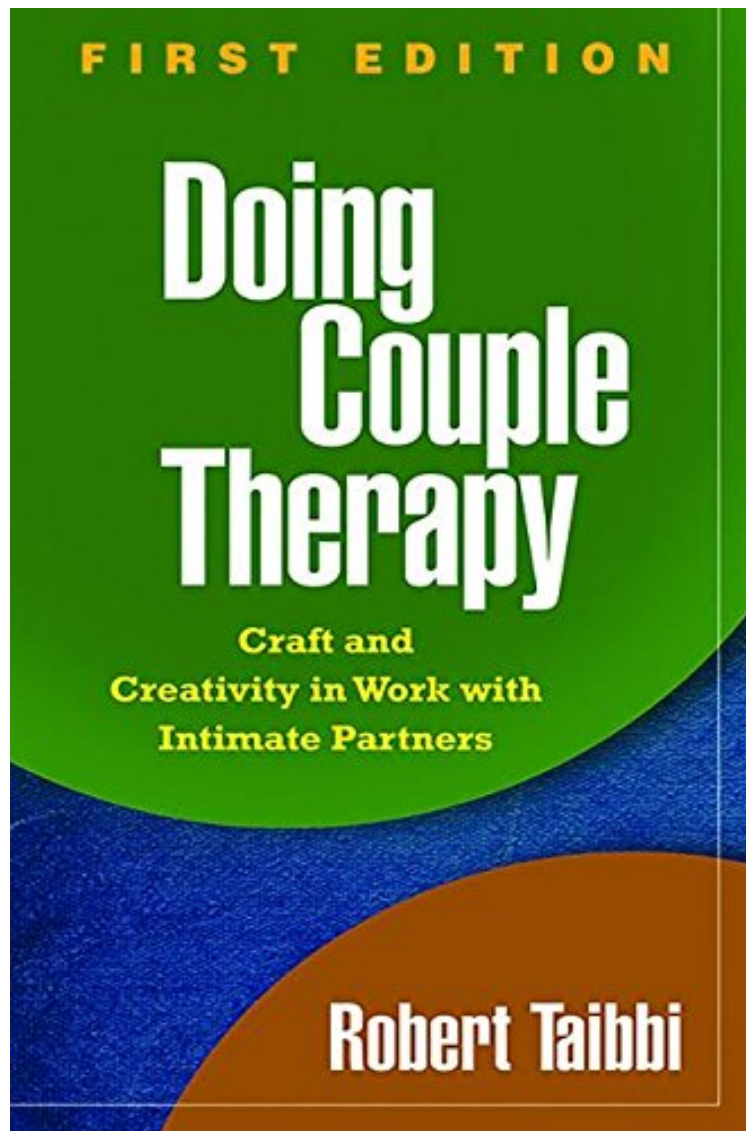


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Wise, compassionate, and highly practical, this engaging text covers the entire process of therapeutic work with couples, from opening sessions and assessment through skills building, core issues, and termination. Students and novice couple therapists learn effective strategies for intervening with couples of any age who are struggling with acute crises or longstanding conflicts and power struggles. Rich with sensitive, detailed case material, the book features numerous exercises that help readers identify and develop their own strengths as practitioners. Self-care strategies and tips for getting the most out of supervision are provided. Special topics include how to address couple issues with only one partner and couple therapy applications for chronic mental health problems.

"I have used this book several times in my graduate-level course on Intervention Approaches for Couples. I am always looking for texts that are well written, well priced, and that will be good references for students after they graduate and enter the 'real world.' This book is all of the above! It is practical, has a great combination of theory and skills, and resonates with most students. I also like the end-of-chapter exercises and questions."--Judy Zisk Lincoff, LCSW, Instructor, George Warren Brown School of Social Work, Washington University in St. Louis"This practical and compassionate book lays out a clear and convincing framework for conducting couple therapy. It helps clinicians make the critical transition from individual to 'couple' thinking and provides the know-how and techniques for successful treatment of diverse relational problems. A key advance is its sensitivity to life cycle challenges that often form the backdrop to couple conflicts. This volume is sure to be an invaluable resource for practicing clinicians and therapists in training."--Jefferson A. Singer, PhD, Department of Psychology, Connecticut College