


Techniques for the Couple Therapist: Essential Interventions from the Experts

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Techniques for the Couple Therapist features many of the most prominent psychotherapists today, presenting their most effective couple therapy interventions. This book provides clinicians with a user-friendly quick reference with an array of techniques that can be quickly read and immediately used in session. The book includes over 50 chapters by experts in the field on the fundamental principles and techniques for effective couple therapy. Many of the techniques focus on common couple therapy processes such as enactments, communication, and reframing. Others focus on specific presenting problems, such as trauma, sexual issues, infidelity, intimate partner violence, and high conflict. Students, beginning therapists, and seasoned clinicians will find this pragmatic resource invaluable in their work with couples.

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Editorial Review

Review

“Weeks, Fife, and Peterson assembled the most influential names in couples therapy and let them write about the most exciting techniques?from the Speaker Listener Technique to EFT to Scaling Questions. Using these techniques, beginning and advanced therapists can help couples deal with anger, stress and intimacy issues, develop forgiveness, and cope with affairs. The finished product is a must-have book for any therapist working with couples.”?Mark E. Young, PhD, Marriage and Family Research Institute, University of Central Florida.

“The editors have produced a unique resource for anyone working with couples. This book includes some of the finest names in the field and nicely distills the essential ingredients for conducting effective therapy, from developing a strong therapeutic alliance to utilizing the full spectrum of therapeutic interventions. I highly recommend this resource to all professionals aspiring to sharpen their clinical skills.”?Frank M. Dattilio, PhD, ABPP, Department of Psychiatry, Harvard Medical School.

“As a director of an accredited MFT program, I know my students will find *Techniques for the Couple Therapist* immediately useful. The book addresses many dilemmas faced by MFTs, from how to join with couples to how to reduce denial and distortion in high conflict couples. The book will be invaluable to beginning and seasoned therapists and to clinical supervisors who provide guidance in areas they may find challenging. I will recommend this book be included in our couple’s therapy course.”?Sandra Stith, PhD, Director, Marriage and Family Therapy Program, Kansas State University.

“With *Techniques for the Couple Therapist*, editors Weeks, Fife, and Peterson have assembled the leaders in contemporary couples therapy?over forty internationally-known scholars and practitioners representing the major systemic clinical orientations?to offer state-of-the-art clinical ideas and techniques to help distressed couples. The aggregate wisdom and experience presented in this book will serve to teach, motivate, and inspire both new and seasoned clinicians alike.”?Terry S. Trepper, PhD, Editor, *Journal of Family Psychotherapy*, Professor Emeritus of Psychology, Purdue University Northwest.

About the Author

Gerald R. Weeks, PhD, is a professor in the Marriage and Family Therapy Program at the University of Nevada, Las Vegas.

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Brian Rankins:

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