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TREATING COUPLES WELL

A Practical Guide to
Collaborative Couple Therapy



Treating Couples Well



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Treating Couples Well

A Practical Guide to Collaborative Couple Therapy

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Treating Couples Well shows couples therapists how to create a collaborative and empowering therapy that helps couples choose their own treatment plan. Full of practical interventions, case vignettes, and homework exercises, therapists will learn a well-tested approach to motivate couples to work as hard between sessions as during sessions.

Written in an engaging and conversational style, the book carefully explains how to help couples choose between a variety of clinical approaches and offers effective treatment strategies for a wide range of issues, including infidelity, intimacy and sexuality, communication, mental illness, and addiction.

"Bravo! This book is a clinical game-changer! It teaches readers that couples therapy is not simply a matter of teaching relationship skills or following a strict, unvarying protocol with every couple; it's about the artful blend of utilizing theory and more importantly, the healing therapeutic relationship."

- Michele Weiner-Davis, author of *Divorce Busting* and *Healing from Infidelity*