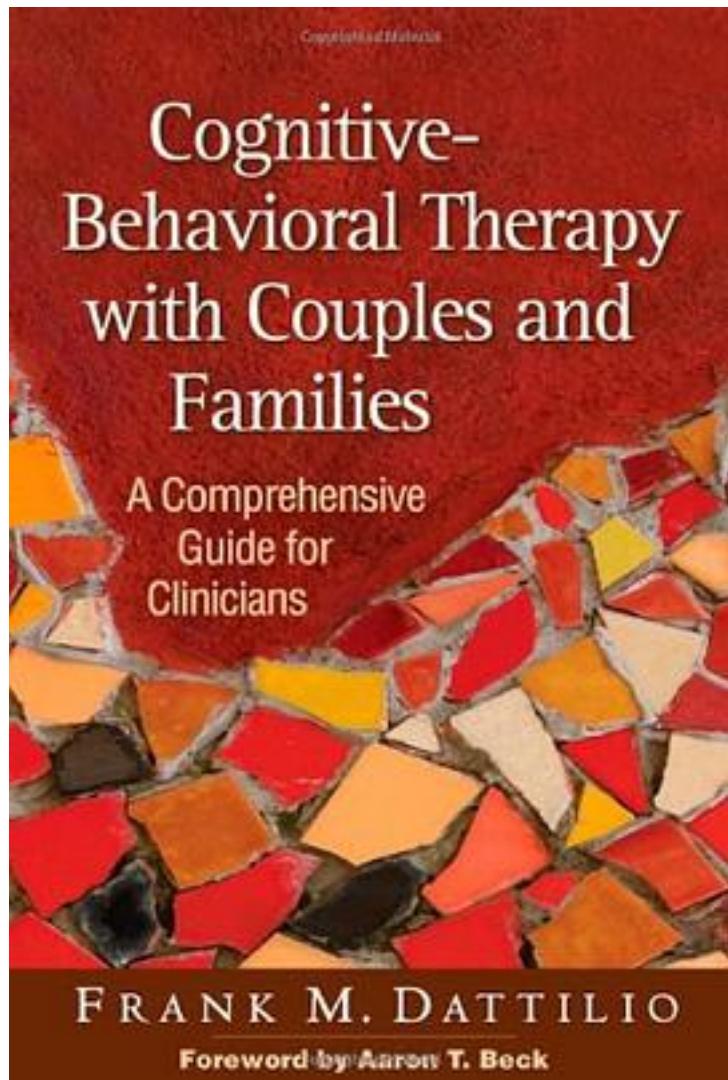


# Cognitive-Behavioral Therapy with Couples and Families



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From a leading expert in cognitive-behavioral therapy and couple and family therapy, this comprehensive guide combines cutting-edge research and clinical wisdom. The author shows how therapeutic techniques originally designed for individuals have been successfully adapted for use with couples and families struggling with a wide range of relationship problems and stressful life transitions. Vivid clinical examples illustrate the process of conducting thorough assessments, implementing carefully planned cognitive and behavioral interventions, and overcoming roadblocks. The book highlights ways to enhance couple and family treatment by drawing on the latest knowledge about relationship dynamics, attachment, and neurobiology. Cultural diversity issues are woven throughout.

作者介绍:

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