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Nota di contenuto	Preface; Acknowledgments; Contents; Editors and Contributors; Bridging Emotion, Societal Discourse, and Couple Interaction in Clinical Practice ; Five Foundational Principles; Context Structures Personal Identities and Relational Processes; Emotion Is Contextual; Power Is Relational; Relationships Should Mutually Support Each Partner; Therapists Must Actively Intervene in Social Processes; Conditions that Foster Mutual Support: The Circle of Care; Shared Relational Responsibility; Mutual Vulnerability; Mutual Attunement; Mutual Influence; SERT Clinical Competencies Phase I: Establishing an Equitable Foundation for TherapyPhase II: Interrupting the Flow of Power; Phase III: Facilitating Alternative Experience; Therapy as a Social Intervention; References; When Therapy

Challenges Patriarchy: Undoing Gendered Power in Heterosexual Couple Relationships ; Why Is Power a Relationship Issue?; Why Is Power So Difficult to Recognize?; Gendered Individualism; Latent Power; Invisible Power; What About Role Reversals?; What if Men Don't Feel Powerful?; Do Men Always Have Power?; Equal Power Struggle; Battle for Power; What if People Don't Want Equal Roles?
Clinician's RoleReferences; Toward Relational Empowerment: Interpersonal Neurobiology, Couples, and the Societal Context ; Connect or Self-protect?; Intertwining Research Interests; Interplay of the Brain and Social Mechanisms; Our Brain's Emerging Picture; Gender: A Socio-neurobiological View; The Amygdalae Avalanche: Anatomy of Emotional Reactivity; Neural Dynamics of Habits and Change; "Getting Meta": Working with the Couple's Impasse; Relational Empowerment: Tools for Change; Cultivating Connection; The Eyes Have It: Communication and Compassion; Facilitating Trust
The Neurobiology of EmpathyMutual Empowerment: Nurturing the "We"; Nurturing Relational Plasticity: Maintaining Change; References; How Gender Discourses Hijack Couple Therapy-and How to Avoid It ; Personal Backgrounds; Impact of Gender Discourse on Couple Therapy; Study Design; Results; Reinforcing Male Privilege; Expecting Women to Accommodate; Protecting Men from Shame; Challenging Dominant Gender Discourse; What Do We Do Now That We Know?; New Possibilities; Practical Applications; Closing and Personal Reflections; References
Expanding the Lens: How SERT Therapists Develop Interventions that Address the Larger Context Author Backgrounds and Theoretical Lenses; Study Design and Method; Making the Invisible Visible: How to Work with Power; Transforming Couple Power Processes; Identifying Power Imbalance; Disrupting the Flow of Power; Generating Alternative Experiences of Shared Power; Clinical Implications; Influence of Research on Authors; Julie, MPH, MFTI; Veronica, LMFT; Cassidy, MFTI; Melissa, MFTI; Conclusion; References; SERT Therapists' Experience of Practicing Sociocultural Attunement
Development of a Model

Sommario/riassunto

This path-breaking volume introduces Socio-Emotional Relationship Therapy for clinical work with troubled couples. Practice-focused and engaging, it integrates real-world knowledge of the intersections of gender, culture, power, and identity in relationships with empirical findings on the neurobiology of attraction. Case examples detail the process of therapists in the moment as they develop both their clinical skills and their understanding of the social contexts fueling couples' difficulties. Applications of the method, which can be used with same-sex couples as well as heterosexual ones, are shown in addressing infidelity, tapping into partners' spirituality, and modeling and encouraging mutual respect and support. Among the topics covered: Undoing gendered power in heterosexual couple relationships. Interpersonal neurobiology, couples, and the societal context. How gender discourses hijack couple therapy—and how it can be avoided. How SERT therapists develop interventions that address the larger context. Building a circle of care in same-sex couple relationships. Couple therapy with adult survivors of child abuse: gender, power, and trust. Socio-Emotional Relationship Therapy opens out practical new possibilities for marriage and family therapists, clinical psychologists, social workers, and counselors seeking ideas for more meaningful couples work.
