

1. Record Nr.	UNINA9910806832803321
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Titolo	Marriage and relationship education : what works and how to provide it // W. Kim Halford
Pubbl/distr/stampa	New York, : Guilford Press, 2011
ISBN	1-283-02101-3 9786613021014 1-60918-156-5
Edizione	[1st ed.]
Descrizione fisica	1 online resource (320 p.)
Disciplina	646.7/80715
Soggetti	Man-woman relationships Intimacy (Psychology) Interpersonal communication Interpersonal conflict Interpersonal relations Marriage
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	The importance of couple relationship education -- Approaches to couple relationship education and their effectiveness -- Assessment in an evidence-based approach to couple relationship education -- Couple care : program overview and tips for implementation -- Unit 1: Self-change -- Unit 2: Communication -- Unit 3: Intimacy and caring -- Unit 4: Managing differences -- Unit 5: Sexuality -- Unit 6: Looking ahead.
Sommario/riassunto	Grounded in extensive research and clinical experience, this indispensable book addresses the ""whats,"" ""whys,"" and ""how-tos"" of conducting effective marriage and relationship education. Leading authority W. Kim Halford reviews a range of contemporary models and provides an in-depth description of his own approach, Couple CARE. Session-by-session guidelines for therapists show how to help groups or individual couples-including those facing major life changes or stressors-foster closeness and communication, manage conflicts, and prevent common relationship problems. The book

