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Nota di contenuto	Therapy with Couples; Contents; Preface; Guide to the chapters; Foreword to the first edition; 1 Who are the clients and what pressures lead them to seek therapy?; 1.1 Introduction; 1.2 The changing world of couple relationships; 1.3 What factors affect the stability of long term relationships?; 1.4 Falling in love as a reason for marriage; 1.5 The development of adult relationships; 1.6 Gender and the changing roles of men and women; 1.7 The time dimension, life cycle and life events; 1.8 Successful marriages and long term relationships; 1.9 Who seeks therapy? 1.10 Maudsley psychosexual and couple therapy clinics1.11 Conclusion; 2 Relationship problems and the goals of therapy; 2.1 Introduction; 2.2 The main theoretical formulations of marriage and the

goals of therapy; 2.3 Some of the different types of problem presented by couples; 2.4 The goals of therapy in the behavioural-systems approach; 3 The overall strategy of therapy; 3.1 Introduction; 3.2 The indications for couple therapy; 3.3 Combining behavioural-systems couple therapy with other forms of therapy; 3.4 The hierarchy of alternative levels of intervention (ALI): matching interventions to problems; 3.5 Summary; 4 The process and structure of therapy: beginnings and endings; 4.1 Introduction; 4.2 The process of engagement; 4.3 Preparing for the first interview; 4.4 Tasks for the first interview and for therapy generally; 4.5 Difficulties and pitfalls; 4.6 The process of therapy: general techniques to be used; 4.7 Working alone; 4.8 Ending therapy; 4.9 Summary; 5 Reciprocity negotiation; 5.1 Introduction; 5.2 Stage one - simplifying requests; 5.3 The use of reciprocity negotiation within the framework of a behavioural-systems approach; 5.4 Stage one of reciprocity negotiation: simplifying requests; 5.5 Stage two: complaints become wishes; 5.6 Stage three: working together on the tasks; 5.7 Stage four: monitoring the tasks; 5.8 The basic process; 5.9 Keeping the exercise interactive; 5.10 Notes for the therapist; 5.11 Assessment; 5.12 Choosing an alternative strategy; 6 Communication training; 6.1 Introduction; 6.2 The use of communication training within the framework of a behavioural-systems approach; 6.3 What then are the communication skills which facilitate good relationships within couples?; 6.4 Guidelines for the therapist who wishes to encourage good communication; 6.5 Encouraging mutual exchange of emotional messages; 6.6 Choosing alternative interventions if communication training is too difficult; 7 Systems thinking; 7.1 Introduction; 7.2 When to choose a systems approach to therapy; 7.3 Concepts forming the basis of our systems thinking; 7.4 Areas of uncertainty in the systems approach; 7.5 Why use a systems approach in therapy with couples?; 8 Structural interventions in-session; 8.1 Introduction

Sommario/riassunto

Since the first edition of this practical book was published in 1990, a number of important developments have taken place and have been incorporated into the new edition. There are now many kinds of "non-traditional" relationships that accompany an increasing divorce rate and the shrinking number of marriages. Co-habitation, remarriage, step-parent/step-child relationships and their implications for the extended family, their strengths and areas of tension are examined. Accompanying these changes has been a development in therapeutic approaches and additional outcome data is now available.