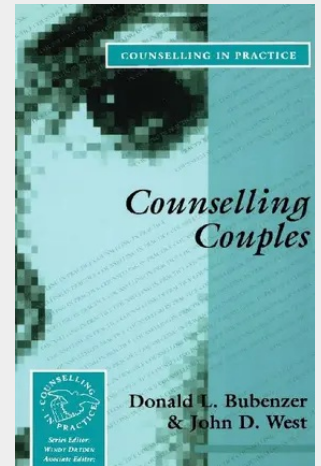


Counselling Couples

'In recent years, there has been an increasing interest in applying the systemic ways of working developed in the context of family therapy to couples work, but without a corresponding body of literature to foster and support this. Therefore any additions... are welcome. This publication benefits from an approach which makes systemic ideas comprehensible and approachable to those not familiar with them... an accessible introduction' - Sexual and Marital Therapy Individuals within a couple relationship are asked by their partner to fulfil a multitude of needs - for example, for companionship, security, intimacy - and are often expected to play a number of roles: lover, friend and problem-solver. These ideals can bring disappointment and result in the previously balanced relationship becoming unsatisfying. This practical book focuses on the methods and techniques which counsellors can use to reassert that balance in the partnership. Bubenzer and West examine the nature of couple relationships and emphasize that the task of counselling couples is about motivating them, helping them to have a functional comprehension of their concerns and encouraging them to increase their behavioural management skills. They describe the features of couple relationships that are amenable to change and clearly explain how counsellors can stimulate that change. Case studies are provided and guidelines also illustrate how the counselling sessions can be structured and show the steps which couples can take to break their old patterns of behaviour outside the counselling arena.

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