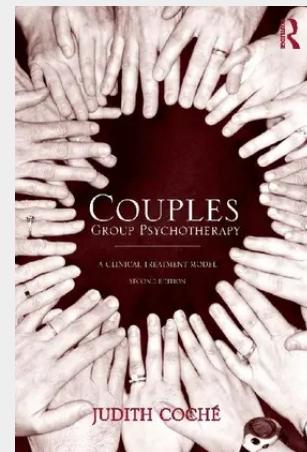


Couples Group Psychotherapy

A Clinical Treatment Model

This book is an up-to-date model based on more than twenty years of work and research with outpatient couples groups. In the text, therapists will find everything they need to conceptualize and develop a successful practice based on group psychotherapy for couples. The book combines tenets of individual personality development, family systems theory, and group psychotherapy theory, blending aspects of the theoretical basis of each in order to build a conceptual framework that incorporates the strengths of all three. Couples Group Psychotherapy also shows clinicians how to use this framework to treat individual clients, how to assess the group's progress, and how to understand the evolving relationship between participating couples. The model is a cost-effective, time-efficient way to address the needs of diverse communities and uncommon settings, and it harnesses the best of both family and group psychotherapy. Clinicians will come away from this book with a significantly enhanced skillset and a broadened understanding of how to treat couples effectively.

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