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# Couples in Treatment: Techniques and Approaches for Effective Practice

By Gerald R. Weeks, Stephen T. Fife



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This third edition of *Couples in Treatment* helps readers conceptualize and treat couples from multiple perspectives and with a multitude of techniques. The authors do not advocate any single approach to couple therapy and instead present basic principles and techniques with wide-ranging applicability and the power to invite change, making this the most useful text on integrative, systemic couple therapy.

Throughout the book the authors consider the individual, interactional, and intergenerational systems of any case. Gerald Weeks' Intersystems Model, a comprehensive, integrative, and contextual meta framework, can be superimposed over existing therapy approaches. It emphasizes principles of therapy and can facilitate assessing, conceptualizing couples' problems, and providing helpful interventions. Couple therapists are encouraged to utilize the principles in this book to enhance their therapeutic process and fit their approach to the client, rather than forcing the client to fit their theory.



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## **Couples in Treatment: Techniques and Approaches for Effective Practice By Gerald R. Weeks, Stephen T. Fife Bibliography**

- Sales Rank: #71868 in Books
- Brand: imusti
- Published on: 2014-01-18
- Released on: 2014-02-28
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .80" w x 6.00" l, .0 pounds
- Binding: Paperback
- 352 pages

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## **Editorial Review**

### **Review**

**"This outstanding text revision by Weeks and Fife addresses an important gap in the professional literature on couples and family therapy. Authored by experienced researchers and seasoned clinicians, this book combines clinical perspicacity with critical-mindedness. The excellent clinical examples and practical guidelines make this text a worthy resource for all clinicians and researchers. I highly recommend it."** - *Frank M. Dattilio, PhD, ABPP, Department of Psychiatry, Harvard Medical School*

**"Probably the most difficult clinical situations to treat, those that often strike terror in a new therapist's heart, are couples cases. In the updated and fully revised *Couples in Treatment*, Gerald Weeks and Stephen Fife offer a very sophisticated yet practical metamodel for treating couples. It brings together the most important of the 'common factors' in psychotherapy along with specific evidenced-based interventions and techniques from a variety of models, in a cogent, theoretically consistent metaframework that both experienced and newer practicing clinicians can immediately use to help couples in distress. I highly recommend this book."** - *Terry S. Trepper, PhD, Editor, Journal of Family Psychotherapy*

**"How is it possible to endorse a book that is so systematically complete, technically superb, and practically useful? No possible topic is left out and each is covered beautifully, in an easy-to-follow, easy-to-implement style. I wish I had this book when I started to work with couples decades ago. It would have made my job so much easier. This is the kind of treatise that could be assigned reading in any graduate training program and should be welcome by veteran couple and family therapists who want to bring themselves up-to-date in theory, practice, and techniques in couple therapy. To say that I recommend this text wholeheartedly is an understatement; any professionals involved with couples need to learn from it to improve their practices."** - *Luciano L'Abate, PhD, ABPP, Professor Emeritus of Psychology, Georgia State University*

**"*Couples in Treatment* is a highly practical book that has become a mainstay in the training of couples therapists. Drs. Weeks and Fife offer many helpful techniques and strategies in the third edition that both the veteran and neophyte couples therapist will be able to use."** - *Jon Carlson, PsyD, EdD, ABPP, Distinguished Professor, Governors State University*

### **About the Author**

**Gerald R. Weeks, PhD**, is Professor in the Marriage and Family Therapy Graduate Program at the University of Nevada-Las Vegas, and is also in private practice.

**Stephen T. Fife, PhD**, is Associate Professor in the Marriage and Family Therapy Graduate Program at the University of Nevada-Las Vegas, and is also in private practice.

## **Users Review**

### **From reader reviews:**

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This Couples in Treatment: Techniques and Approaches for Effective Practice are generally reliable for you who want to become a successful person, why. The reason why of this Couples in Treatment: Techniques and Approaches for Effective Practice can be one of several great books you must have will be giving you more than just simple studying food but feed an individual with information that might be will shock your before knowledge. This book will be handy, you can bring it everywhere you go and whenever your conditions in the e-book and printed ones. Beside that this Couples in Treatment: Techniques and Approaches for Effective Practice forcing you to have an enormous of experience like rich vocabulary, giving you test of critical thinking that we understand it useful in your day task. So , let's have it and revel in reading.

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#### **Coleman Bailey:**

Playing with family inside a park, coming to see the water world or hanging out with friends is thing that usually you might have done when you have spare time, then why you don't try point that really opposite from that. Just one activity that make you not sense tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Couples in Treatment: Techniques and Approaches for Effective Practice, it is possible to enjoy both. It is good combination right, you still would like to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't understand it, oh come on its named reading friends.

#### **Marylou Beauregard:**

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