



Couples: A Medley of Models

Barbara Jo Brothers

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Couples: A Medley of Models contains nine different models and approaches to couples therapy that will enable you to develop an approach that is most effective for you and your clients. This text offers you research and information from the Satir Model, object relations theory, Bowenian theory, multimodal marital therapy, and others to give you proven methods that will help you evaluate and further research better ways to serve your clients. In addition to explaining the principles of each approach, this text offers you case studies to best explain how each method applies to your clients. Couples: A Medley of Models offers you insight into several ideas and aspects of couples therapy, including:

- exploring the constructs and techniques of the objects relations theory and how they inform and enhance the practice of Bowenian systems therapy
- describing the pathways of communication and interaction of couples based on the object relations theory
- suggestions on how to help clients individuals with problems such as possessiveness, jealousy, and anxious attachment that contribute to marital issues
- how exploring a client's past can reveal present actions and behaviors in a relationship
- the benefits and methods of applying individuation therapy to structurally separated couples
- exploring the ethics, contradictions, and recommendations for marital resolution therapy
- assessing the effectiveness of multimodal marital therapy and suggesting further areas of research
- addressing the problems faced by individuals whose spouses have Multiple Sclerosis and a four-stage model based on social constructionism that is suggested for these issues
- utilizing metaphors in therapy with African-American couples To help explain one method of couples therapy, this text uses and evaluates excerpts from a speech by Virginia Satir, giving you direct exposure to her theories and how they can be used in your therapy sessions. Addressing a wide range of concerns and situations, Couples: A Medley of Models will provide you with the knowledge and information to successfully utilize these approaches to make your services relevant to your clients and their relationships.

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