

the client in family and couples therapy is

The Client in Family and Couples Therapy: Understanding Who They Are and What They Need

the client in family and couples therapy is a unique concept compared to individual therapy. Unlike individual counseling where the focus is on one person's thoughts, feelings, and behaviors, family and couples therapy involves multiple people interacting together. This distinction is crucial because it shapes how therapists approach treatment and how clients experience the therapeutic process. In this article, we'll dive deep into understanding who the client really is in family and couples therapy, why that matters, and what it means for healing relationships.

Defining the Client in Family and Couples Therapy

In traditional mental health settings, the client is often thought of as a single individual seeking help. However, in family or couples therapy, the "client" is not just one person but rather the relationship system or dynamic shared by two or more people. This means the focus is on the interactions, communication patterns, and emotional exchanges within the family unit or couple, rather than solely on individual symptoms or problems.

More Than One Person: The System as the Client

When therapists say "the client in family and couples therapy is," they often mean the system itself. This system could be a romantic partnership, a parent-child relationship, or an entire family group. Rather than isolating one member as the problem, the therapist looks at how each person contributes to the relational dynamics. For example, arguments between partners may stem from unmet needs, communication breakdowns, or unresolved past conflicts that involve both people.

This systemic approach helps therapists move beyond blaming one person and instead promotes collaborative problem-solving. Everyone involved is part of the therapeutic process, and changes in one person's behavior can influence the entire system positively.

Why Understanding the Client as a System Matters

Acknowledging that the client in family and couples therapy is a relational system changes how treatment goals are set and how progress is measured. It also influences the techniques therapists use to foster change.

Shifting the Focus from Individual to Relationship

When the client is the relationship, therapy sessions are designed to explore how family members or partners communicate, express emotions, and resolve conflicts. Therapists pay close attention to

patterns such as:

- Communication styles (e.g., aggressive, passive, avoidant)
- Power dynamics within the relationship
- Unspoken rules and roles that govern interactions
- Emotional responses and triggers

By focusing on these relational components, therapy aims to improve understanding and empathy between members, which can lead to healthier interactions and stronger bonds.

Therapeutic Techniques Tailored to Systems

Family and couples therapists often use specialized approaches like Structural Family Therapy, Emotionally Focused Therapy (EFT), or the Gottman Method. These methods recognize the client as a system and work to address underlying emotional needs, realign boundaries, and rebuild trust. For example, EFT focuses on identifying and transforming negative interaction cycles that create distance or conflict in couples.

Who Is the “Client” When Only Some Members Attend?

Sometimes, not every family member or partner can or wants to attend therapy sessions. This situation raises important questions about who the client is and how therapy can still be effective.

Individual Participation Within a Systemic Framework

Even if only one person attends, therapists often treat that individual as a representative of the family or couple system. The goal is to understand their perspective and use it as a gateway to explore broader relational patterns. Therapists may help the attending client develop new communication strategies or coping skills that can then influence family dynamics outside the therapy room.

Balancing Individual Needs and Systemic Goals

In cases where only some members participate, therapy may blend individual counseling with systemic interventions. The therapist acknowledges the client’s personal struggles while keeping an eye on how those issues impact the larger relationship network. This dual focus helps ensure that progress benefits both the individual and the system they belong to.

The Role of the Therapist in Navigating Multiple Clients

Managing multiple clients simultaneously can be complex. Therapists must skillfully balance competing needs, mediate conflicts, and foster collaboration.

Establishing a Safe Space for All Participants

One of the therapist's key responsibilities is creating an environment where every person feels heard and respected. This can be challenging when emotions run high or when there are long-standing grievances. The therapist uses active listening, empathy, and neutrality to facilitate open dialogue and encourage vulnerability.

Encouraging Accountability and Shared Responsibility

Since the client in family and couples therapy is a collective entity, therapists encourage each member to take responsibility for their role in relationship dynamics. This shared accountability helps prevent scapegoating and promotes healthier problem-solving.

Common Challenges When Identifying the Client in Therapy

Understanding who the client is in family and couples therapy can sometimes be confusing for both therapists and participants.

Resistance to Seeing the System as the Client

Some clients may expect therapy to "fix" one person or to assign blame. Shifting this mindset to view the relationship as the client can be difficult but is essential for meaningful change.

Complex Dynamics and Hidden Issues

Family and couples therapy often uncovers deep-rooted patterns, secrets, or traumas affecting the relationship system. Navigating these sensitive topics requires skill and patience from the therapist and readiness from the clients.

Why It's Important for Clients to Understand Their Role

Recognizing that the client in family and couples therapy is the relationship itself empowers participants to engage more actively in the process. When people see that their behaviors, communication styles, and emotional responses all impact the system, they are more motivated to contribute to positive change.

Tips for Clients in Family and Couples Therapy

- **Be open to exploring not just your own feelings but also how others experience the relationship.**
- **Practice patience—systemic change can take time and requires effort from everyone involved.**
- **Focus on improving communication by listening actively and expressing yourself honestly but respectfully.**
- **Embrace vulnerability as a strength that can deepen connection rather than a weakness.**
- **Work collaboratively with your therapist and the other participants to set realistic goals for your relationship.**

How Therapy Outcomes Depend on Understanding the Client

When therapists and clients share a clear understanding of who the client is in family and couples therapy, treatment becomes more targeted and effective. It allows for interventions that address not just symptoms but the relational roots of conflict or distress. This clarity also helps prevent misunderstandings or misplaced frustrations during sessions.

At its heart, family and couples therapy is about relationships—how people connect, communicate, and support each other through life's challenges. Recognizing that the client in family and couples therapy is the system itself opens the door to healing that goes beyond individual change and fosters meaningful transformation within the family or couple unit.

Frequently Asked Questions

Who is considered the client in family therapy?

In family therapy, the client is typically the entire family unit or subsystem being treated, rather than an individual member alone.

Can a single individual be the client in couples therapy?

Yes, while couples therapy focuses on the relationship, therapists may work with one partner at times to address individual issues impacting the couple.

How does defining 'the client' impact therapy goals in family and couples therapy?

Defining the client as the family or couple helps set goals that focus on improving relationships and dynamics rather than solely individual issues.

Is it possible for the client in couples therapy to be both partners simultaneously?

Yes, in couples therapy, both partners are usually considered co-clients as the therapy aims to address the relationship between them.

How do therapists handle confidentiality when the client is a family or couple?

Therapists establish clear agreements about confidentiality, explaining how information might be shared within sessions and managed outside to protect all members.

What challenges arise when the client is multiple people in family therapy?

Challenges include balancing different perspectives, managing conflicting interests, and ensuring each member feels heard and respected during sessions.

Can the client shift from the whole family to an individual during therapy?

Yes, therapy can shift focus depending on needs; sometimes an individual member's issues are addressed within the context of family therapy.

How is progress measured when the client is a couple or family?

Progress is often measured by improved communication, conflict resolution, emotional connection, and overall relationship satisfaction among the members.

Why is it important to view the client as a system in family and couples therapy?

Viewing the client as a system acknowledges that individual behaviors affect and are affected by the family or couple dynamics, promoting holistic and effective interventions.

Additional Resources

The Client in Family and Couples Therapy: Understanding the Dynamics and Focus

the client in family and couples therapy is not simply an individual seeking help but rather a complex system of relationships and interactions that require nuanced understanding. Unlike traditional individual therapy where the focus is primarily on one person's thoughts, feelings, and behaviors, family and couples therapy expands the lens to encompass multiple participants and the intricate web of connections between them. This distinction fundamentally shapes therapeutic approaches, goals, and outcomes.

In exploring the concept of the client in family and couples therapy, it becomes evident that the "client" is often a collective entity rather than a singular individual. This shift in perspective challenges conventional therapeutic paradigms and underscores the importance of relational patterns, communication styles, and systemic influences. It also demands that therapists adopt strategies that address not only individual experiences but also how these experiences are influenced by and influence others within the family or couple unit.

The Client as a System: A Paradigm Shift

Traditional psychotherapy often views the client as an isolated individual with specific psychological issues to be addressed. However, family and couples therapy conceptualizes the client as a system—a set of interconnected individuals whose behaviors and emotions are in constant interaction. This systemic view recognizes that problems rarely exist in isolation; rather, they emerge from and are maintained by the dynamics within the relational context.

Therapists working with families or couples therefore focus on patterns rather than isolated symptoms. For example, a communication breakdown between partners is not just an individual's inability to express feelings but a systemic issue involving reciprocal behaviors, unmet needs, and historical interactions. The client, in this sense, is the relationship itself, or more accurately, the network of relationships within the family or couple.

The Role of Individual Members within the Client System

While the client in family and couples therapy is fundamentally relational, the individual members bring unique perspectives, histories, and emotional responses to the therapeutic process. Each person's experience is valid and crucial, yet it is understood within the context of the collective unit. Therapists must skillfully balance attention between individual concerns and systemic patterns, ensuring that no voice is marginalized and that the therapeutic work addresses both personal and relational growth.

This dual focus can be challenging. For instance, an individual may present with anxiety or depression, but these symptoms might be closely linked to unresolved conflicts or dysfunctional communication within the family or couple. Addressing only the individual symptoms without exploring relational dynamics may yield limited or temporary improvement.

How Family and Couples Therapy Define “the Client”

The definition of the client varies subtly depending on the therapeutic model employed. Structural family therapy, for example, emphasizes the organization of the family system, viewing the client as the family structure and subsystems. Strategic family therapy focuses on problem-solving interactions, treating the client as the problematic interactional sequence. Emotionally focused couples therapy (EFT), meanwhile, sees the client as the emotional bond between partners.

Despite these differences, common threads persist. The client is not isolated but embedded within a network of relationships; therapy aims to improve relational functioning; and change is sought through modifying interactional patterns rather than solely altering individual cognition or behavior.

Implications for the Therapeutic Process

Understanding the client as a system necessitates particular therapeutic techniques:

- **Multi-person sessions:** Therapy sessions typically involve more than one family member or partner to observe and intervene in real-time interactions.
- **Relational assessment:** Therapists assess communication, roles, boundaries, and hierarchy within the group.
- **Focus on patterns:** Identifying repetitive sequences that maintain conflict or dysfunction.
- **Collaboration:** Encouraging joint problem-solving and shared responsibility for change.

These features distinguish family and couples therapy from individual therapy and highlight the unique nature of the client in this context.

Challenges in Defining and Engaging the Client

Identifying the client as a system introduces complexities in therapeutic engagement and measurement of outcomes. Unlike individual therapy where progress can be tracked through changes in a single person’s symptoms or functioning, family and couples therapy requires observing shifts across multiple individuals and their interactions.

Moreover, the presence of multiple “clients” can lead to competing interests or conflicting goals. For example, one partner may seek to repair the relationship, while the other may prioritize separation. Therapists must navigate these divergent agendas while maintaining a systemic perspective.

Ethical Considerations and Confidentiality

Another challenge arises in managing confidentiality when multiple clients participate in therapy. Therapists must clarify boundaries and expectations regarding information sharing. Since the client is a collective unit, confidentiality protocols differ from individual therapy, requiring transparency and negotiated agreements about what is shared outside sessions.

Benefits of Viewing the Client as a System

Adopting a systemic perspective on the client offers several advantages:

1. **Holistic understanding:** Problems are viewed within the relational context, allowing for more comprehensive interventions.
2. **Sustainable change:** Addressing interaction patterns can produce lasting improvements beyond symptom relief.
3. **Empowering relationships:** Therapy focuses on enhancing communication and connection, strengthening relationships rather than merely alleviating individual distress.
4. **Flexibility:** The systemic approach accommodates diverse family structures, cultural backgrounds, and relational models.

These benefits contribute to the growing recognition and utilization of family and couples therapy in mental health care.

Limitations and Considerations

While beneficial, the systemic approach also has limitations. It can be time-intensive, requiring longer or more frequent sessions. Some individuals may feel overshadowed by the group dynamic or reluctant to share sensitive information in the presence of others. Additionally, systemic therapy may not be suitable for all issues, such as severe individual psychopathology requiring specialized treatment.

Therapists must therefore assess suitability and be prepared to integrate individual and systemic approaches when needed.

Emerging Trends and the Evolving Role of the Client

Recent developments in family and couples therapy continue to refine the concept of the client. Integration of technology, such as teletherapy, expands access but also shifts relational dynamics.

Trauma-informed approaches highlight the impact of individual histories within relational patterns, further blending individual and systemic perspectives.

Moreover, cultural competence increasingly shapes how therapists understand the client in diverse family systems, recognizing that cultural values, roles, and expectations profoundly shape relational functioning.

As the field evolves, the definition of the client in family and couples therapy remains dynamic, reflecting broader social, technological, and clinical changes.

The understanding that the client in family and couples therapy is not merely an individual but a constellation of relationships challenges therapists to think beyond traditional boundaries. This systemic lens offers a powerful framework for addressing complex interpersonal issues, promoting healthier families and couples through a deeper appreciation of connection, communication, and shared experience.

The Client In Family And Couples Therapy Is

Find other PDF articles:

<https://espanol.centerforautism.com/archive-th-119/pdf?dataid=xfd19-7366&title=social-work-and-human-rights-a-foundation-for-policy-and-practice.pdf>

the client in family and couples therapy is: The SAGE Encyclopedia of Marriage, Family, and Couples Counseling Jon Carlson, Shannon B. Dermer, 2016-10-11 The SAGE Encyclopedia of Marriage, Family and Couples Counseling is a new, all-encompassing, landmark work for researchers seeking to broaden their knowledge of this vast and diffuse field. Marriage and family counseling programs are established at institutions worldwide, yet there is no current work focused specifically on family therapy. While other works have discussed various methodologies, cases, niche aspects of the field and some broader views of counseling in general, this authoritative Encyclopedia provides readers with a fully comprehensive and accessible reference to aid in understanding the full scope and diversity of theories, approaches, and techniques and how they address various life events within the unique dynamics of families, couples, and related interpersonal relationships. Key topics include: Assessment Communication Coping Diversity Interventions and Techniques Life Events/Transitions Sexuality Work/Life Issues, and more Key features include: More than 500 signed articles written by key figures in the field span four comprehensive volumes Front matter includes a Reader's Guide that groups related entries thematically Back matter includes a history of the development of the field, a Resource Guide to key associations, websites, and journals, a selected Bibliography of classic publications, and a detailed Index All entries conclude with Further Readings and Cross References to related entries to aid the reader in their research journey

the client in family and couples therapy is: Counseling Theory Richard D. Parsons, Naijian Zhang, 2014-01-16 Organized around the latest CACREP standards, Counseling Theory: Guiding Reflective Practice, by Richard D. Parsons and Naijian Zhang, presents theory as an essential component to both counselor identity formation and professional practice. Drawing on the contributions of current practitioners, the text uses both classical and cutting-edge theoretical models of change as lenses for processing client information and developing case conceptualizations and intervention plans. Each chapter provides a snapshot of a particular theory/approach and the

major thinkers associated with each theory as well as case illustrations and guided practice exercises to help readers internalize the content presented and apply it to their own development as counselors.

the client in family and couples therapy is: Introduction to Clinical Psychology Douglas A. Bernstein, Bethany A. Teachman, Bunmi O. Olatunji, Scott O. Lilienfeld, 2020-10-29 Resource added for the Psychology (includes Sociology) 108091 courses.

the client in family and couples therapy is: Boundary Issues in Counseling Barbara Herlihy, Gerald Corey, 2014-12-01 Fully revised in accordance with the 2014 ACA Code of Ethics and the current ethical codes of other mental health organizations, *Boundary Issues in Counseling* reflects the helping profession's most up-to-date thinking on this topic and offers a wide range of opinions and perspectives. Ethics experts Barbara Herlihy and Gerald Corey, along with 40 guest contributors, share their thoughts on the ethical issues surrounding sexual dual relationships; multiculturalism and social justice; counselor education, supervision, and consultation; group counseling; couples and family counseling; and school counseling. In addition, coverage extends to specialty areas, such as disaster mental health, private practice, addictions and rehabilitation counseling, rural practice, counseling in the military and forensic counseling. This highly regarded book is essential reading for counselors struggling to find a clear personal position on the myriad issues that can arise with multiple relationships. It is also an ideal supplemental text for courses in ethics and professional issues, as well as for practicum and internship seminars to train the next generation of counselors. *Requests for digital versions from ACA can be found on wiley.com. *To request print copies, please visit the ACA website. *Reproduction requests for material from books published by ACA should be directed to publications@counseling.org

the client in family and couples therapy is: Psychiatric Clinical Pathways Patricia C. Dykes, 1998 The only reference tool of its kind for psychiatric health care professionals and agencies, *Psychiatric Clinical Pathways: An Interdisciplinary Approach* gives a wealth of practical guidance and useful real-world models you can put to work immediately. You and your staff will discover the many ways clinical pathways can be used to deliver cost-effective, quality care in a variety of settings. You'll benefit from useful models of outcomes-based care delivery systems, and practical guidelines For The delivery of quality health care and continuous quality improvement. This book is packed with information you can use immediately, including a bonus Clinical Pathways Diskette -- packed with formats and checklists your can customize to meet your needs.

the client in family and couples therapy is: The Science of Couples and Family Therapy John M. Gottman, Julie Schwartz Gottman, 2018-01-02 John and Julie Gottman, world-renowned for bringing an evidence base to couples therapy, report here the results of a second empirical revolution in understanding couples and families. This change is not based on their guesswork, but on state-of-the-art science. This book finally completes the old general systems theory of the 1960s, which metaphorically described processes but did not actually research them. A new general systems theory and therapy is presented here, one which will have profound implications for powerful clinical work with both couples and families. This new theory is based on 45 years of careful basic scientific research with thousands of couples and families, including synchronized observational, interview, physiological, and questionnaire data. The Gottmans have studied some families for as long as 20 consecutive years. Their work has led to their highly replicated ability to precisely predict the future of relationships, relationship happiness, and whether couples will divorce or not with as much as 94% accuracy. Their empirical work has also led them to develop and test a theory of specifically what makes relationships work. Each construct in this theory is precise and measurable and it is all written about and described here. This book presents an original new way of understanding relationships and families. Both theoretical and highly practical, and it will help clinicians become more effective in their everyday work.

the client in family and couples therapy is: Psychiatric Nursing Care Plans - E-Book Katherine M. Fortinash, Patricia A. Holoday Worret, 2006-05-16 - New care plans, many that focus on the family, join completely updated and revised care plans to make this text the most

comprehensive psychiatric nursing care planning text available. - Dynamic internal design emphasizes the care plans as the focus of the text; tabbed pages noting the relevant disorder and a complete list of care plans with page number references make finding a specific care plan easier than ever before. - Appropriate Nursing Interventions Classification (NIC) and Nursing Outcomes Classification (NOC) labels are presented with each care plan in order that students become familiar with these emerging classifications and practicing nurses can easily identify them for use in their care setting if applicable. - A comprehensive pharmacotherapy appendix includes the most recent psychotropic drug information and appropriate related client care. - Online Resources for the nurse, client, and family conclude each chapter.

the client in family and couples therapy is: *Working with Dual Diagnosis* Darren Hill, William J. Penson, Divine Charura, 2017-09-15 In the UK it is estimated that a third of patients in mental health services have a substance abuse problem, and that half of patients in drug and alcohol services have a mental health problem. Part of Palgrave's Foundations of Mental Health series, this book explores the intertwined issues of substance use and mental health as a social phenomenon and offers a critical, informative guide to understanding dual diagnosis. Written by authors with extensive experience within mental health and drug treatment services, *Working with Dual Diagnosis* explores areas that are key to understanding the relationship between the two, including: - Models for understanding substance use, mental health and the correlation of complex social and psychological factors - Treatment processes for working with individuals, groups and families and within a community setting - The historical social, political, economic and legislative context of mental health and substance use - Practice implications for dual diagnosis, including how practitioners can work with and promote better treatment, after care and support for those experiencing dual diagnosis issues. Enriched with reflective exercises, case studies and key points, this book will inform all work related to dual diagnosis populations within health, social and criminal justice service, and is an essential text for social work, nursing, occupational therapy and probation students.

the client in family and couples therapy is: *Solution Building in Couples Therapy* Elliott Connie, 2012-09-14 Print+CourseSmart

the client in family and couples therapy is: *Counseling Addicted Families* Gerald A. Juhnke, W. Bryce Hagedorn, 2019-08-19 *Counseling Addicted Families*, Second Edition, is an up-to-date treatment manual that fosters lasting change for families dealing with addiction and addictive disorders. Focused around the clinically esteemed Sequential Family Addictions Model, the book guides counselors through the principles of how to progressively sequence a client family during their change process, and explores how family counseling theories and interventions can be applied in treatment settings. This second edition aligns with the DSM-5 Substance Use Disorder criteria and terminology and includes new sections on neuroscience and cutting-edge drug detection assessment methods. Both experienced and entry-level counselors will appreciate how the Model improves their clinical skills and knowledge to address the idiosyncratic needs of each individual family system and create healthy systemic change.

the client in family and couples therapy is: *Becoming a Marriage and Family Therapist* Eugene Mead, 2013-01-29 *Becoming a Marriage and Family Therapist* is a practical how to guide designed to help trainee therapists successfully bridge the gap between classroom and consulting room. Readers will learn how to apply empirically-based methods to the core tasks of therapy in order to improve competency, establish effective supervision, and deliver successful client outcomes. A practical guide to improving competency across the core tasks of therapy, based on over 40 years of observation and teaching by an internationally acclaimed author Presents treatment protocols that show how to apply therapy task guidelines to a range of empirically-supported marriage and family treatments Provides extended coverage on assessing and beginning treatment with crisis areas such as suicidal ideation, and family violence with children, elders, and spouses Suggests how supervisors can support trainees in dealing with crisis and other challenging areas, to build competence and successful delivery

the client in family and couples therapy is: Encyclopedia of Substance Abuse Prevention, Treatment, and Recovery Gary L. Fisher, Nancy A. Roget, 2009 This collection provides authoritative coverage of neurobiology of addiction, models of addiction, sociocultural perspectives on drug use, family and community factors, prevention theories and techniques, professional issues, the criminal justice system and substance abuse, assessment and diagnosis, and more.

the client in family and couples therapy is: TIP 52: Clinical Supervision and Professional Development of the Substance Abuse Counselor U.S. Department of Health and Human Services, 2019-11-23 This Treatment Improvement Protocol (TIP) is a companion to TIP 51, Substance Abuse Treatment: Addressing the Specific Needs of Women. These two volumes look at how gender-specific treatment strategies can improve outcomes for men and women, respectively. The physical, psychological, social, and spiritual effects of substance use and abuse on men can be quite different from the effects on women, and those differences have implications for treatment in behavioral health settings. Men are also affected by social and cultural forces in different ways than women, and physical differences between the genders influence substance use and recovery as well. This TIP, Addressing the Specific Behavioral Health Needs of Men, addresses these distinctions. It provides practical information based on available evidence and clinical experience that can help counselors more effectively treatment with substance use disorders

the client in family and couples therapy is: Brief Interventions and Brief Therapies for Substance Abuse Kristen Lawton Barry, 1999 This TIP presents the historical background, outcomes research, rationale for use, and state-of-the-art practical methods and case scenarios for implementation of brief interventions and therapies for a range of problems related to substance abuse. This TIP is based on the body of research conducted on brief interventions and brief therapies for substance abuse as well as on the broad clinical expertise of the Consensus Panel. Because many therapists and other practitioners are eclectically trained, elements from each of the chapters may be of use to a range of professionals.

the client in family and couples therapy is: Counseling Ethics Ronald David Laing, Christin M. Jungers, H. Phillipson, A. R. Lee, 2012-10-23 This book provides activity-based learning regarding all the ethical standards and legal issues counselors will face. It promotes in-depth critical thinking and a proactive approach to ethical and moral dilemmas. The book includes examples across all counseling settings and specialties and offers students multiple case examples that make ethical issues realistic and engaging.

the client in family and couples therapy is: Recovering Intimacy in Love Relationships Jon Carlson, Len Sperry, 2011-01-11 The loss of intimacy is one of the most difficult—but also one of the most common—factors in the destruction of any relationship. Recovering Intimacy in Love Relationships lays out practical, evidence-based guidelines on which clinicians can depend as they wade through the intense emotions and fragile bonds of couples in crisis. With care and sensitivity, the book's authors analyze the increasingly complex context in which the cycle of intimacy develops, wanes, and recovers. The chapters delve into diverse populations' attitudes toward intimacy and provide an entire section on cultural, gender and religious issues. Clinicians looking for a research-based, practical take on the many facets of intimacy in the twenty-first century need look no further than this book.

the client in family and couples therapy is: Contemporary Issues in Couples Counseling Patricia A. Robey, Robert E. Wubbolding, Jon Carlson, 2012-05-04 Contemporary Issues in Couples Counseling explores the most difficult issues that people in the helping professions face when treating couples and provides concrete solutions for addressing them effectively. Using the revolutionary choice theory and reality therapy approaches to couples counseling, the book shows clinicians how to combine a relationship-based approach with the pragmatism of cognitive-behavior therapies. Both experienced and beginning clinicians will find Contemporary Issues in Couples Counseling ideal for helping clients focus on the here and now, not the past, and for creating treatment plans that meet clients' individual needs while also addressing the needs of their partners.

the client in family and couples therapy is: Couples Therapy Linda Berg Cross, 2013-12-16

Harness the power of an integrative approach to couples counseling! Why do marriages fail? The behaviorist or cognitive therapist explains that unhappy couples have self-defeating ways of thinking about their spouses and themselves. The sociologically oriented counselor points to the impact of social trends and dramatic changes in child-rearing and social expectations. A therapist oriented toward psychodynamics or systems theory sees the destructive patterns of childhood replayed in the marriage, with spouses taking on rigid roles. The pastoral or humanist counselor believes that partners who cannot experience self-fulfillment through commitment and trust will feel less love and grow more and more disconnected. *Couples Therapy, Second Edition*, brings together all these points of view to make a unified whole. This integrative approach proposes a new model of successful marriage based on four cornerstones: resiliency, social support, adaptability, and self-fulfillment. Weaving together theory and research, *Couples Therapy, Second Edition*, explores how common issues can lead to trouble in relationships. It suggests specific interventions so therapists can teach clients to deal with such problem areas as anger management, domestic violence, depression, anxiety, parenting conflicts, in-laws, work pressures, and sexual dissatisfaction. *Couples Therapy, Second Edition*, offers a sound theoretical framework as well as practical ideas. Through clinical vignettes and up-to-date research, it makes the common conflicts and developmental stages of marriage so understandable that it can be profitably read by clients as well as counselors. Its invaluable resources for the couples therapist include: end-of-chapter professional development questions therapeutic exercises answers to frequently asked professional and ethical questions intervention suggestions for the therapist self-assessment questionnaires book and video recommendations on each chapter topic Written in clear, readable prose, *Couples Therapy, Second Edition*, offers practical help for the experienced clinician as well as theoretical overviews for the counselor in training.

the client in family and couples therapy is: The Therapist's Notebook for Lesbian, Gay, and Bisexual Clients Joy S. Whitman, Cynthia J. Boyd, 2013-12-19 Most therapy is set up in a heterosexist context. Explore the issues facing your gay, lesbian, and bisexual clients--and how to deal with them! The *Therapist's Notebook for Lesbian, Gay, and Bisexual Clients* offers therapists treating lesbian, gay, and bisexual clients innovative, practical interventions plus homework and hands-on activities tailored to these populations. Use the notebook to explore the issues surrounding coming out, homophobia in the workplace, spirituality, identity formation, and issues that require a non-heterosexist approach, such as domestic violence and relationship concerns. Grounded in current theory, each chapter explains the rationale for the activity it proposes, includes contraindications, and provides a list of helpful resources for therapists and clients. Here are just a few of the issues this extraordinary book explores in its four thoughtfully planned sections: Section I: Homework, Handouts, and Activities for Coming Out and Managing Homophobia and Heterosexism addresses: conflicts in self-perceptions obstacles to the growth of a healthy GLB identity dealing with the trauma and anxiety that result from discrimination using semi-hypnotic visualization to treat internalized homophobia helping bisexuals decide whether to come out or to "pass" coping with internalized homophobic messages dealing with heterosexism in the workplace or at school Section II: Homework, Handouts, and Activities for Relationship Issues will help you and your clients understand and work on issues involving: choosing the right partner intimacy and gender roles financial stability assimilation, queer pride, and everything in between how ethnicity and coupling impact sexual identity negotiating a healthy open relationship sexual concerns, sexual dysfunction, and pleasuring sexual role values for bisexual and lesbian women Section III: Homework, Handouts, and Activities for Gender, Ethnic, and Sexual Identity Issues addresses "who am I" issues: sexual orientation and gender identity the intersection of sexual and ethnic identity oppression on multiple fronts gender exploration for lesbians Section IV: Homework, Handouts, and Activities for Specific Issues tackles concepts including: enhancing resilience through spirituality reconciling with religion spiritual wellness and the spiritual autobiography body image disturbances unwanted sexual behavior creating a safety plan in case of same-sex domestic violence alienation and finding a caring community medication adherence for HIV+ clients the difficulties faced by coupled lesbians with

Back to Home: <https://espanol.centerforautism.com>