PART 1: A THEORY OF CHANGE 19

1 Wanted: A Wise and Humble Counselor 21

2 A Sensible, Tested and Effective Approach to Helping Couples 31

3 Making Therapy a Positive Growth Experience for Couples 41

4 Addressing the Couple's Context 61

PART 2: BEGINNING COUNSELING 69

5 Pre-counseling Interventions 71

6 The Intake 81

7 After the Intake 90

PART 3: CASE STUDIES IN TREATMENT PLANNING 103

8 The Wounded but Hopeful Couple 105

9 The Cool Virtues Couple 117

10 The Enrichment Couple 127

11 The "Should We Marry?" Couple 133

12 The Complicating Factor Couple 144

13 The Couple with a Psychological Disorder 156

14 The High Conflict Couple 166

15 The "Accept the Things I Cannot Change" Couple 180

16 The Kitchen Sink Couple 187

Part 4: Interventions Within the Sessions 197

17 Session Management 199

18 HOPE Interventions 208

19 BOND with Me 240

20 Addressing Hurts in Relationships 266

21 Forgiving and Reconciling Through Experiencing Empathy 284

22 Reconciliation and Rebuilding Trust with Couples 307

Part 5: Conquering the Difficulties You'll Face 319

23 Assessing Change Throughout Treatment 321

24 Resistances, Roadblocks and Rabbit Trails 329

25 Counselors' Negative Reactions to Couples 334

26 Working with Partners Who Have a Trauma History 342

27 Pornography Use and Internet Sexuality 348

Part 6: Concluding Treatment 355

28 Termination 357

29 Post-counseling Checkups 370

30 It Works, but Is It True? 374