



Doing Couple Therapy: Craft and Creativity in Work with Intimate Partners (Guilford Family Therapy Series)

By Robert Taibbi

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Wise, compassionate, and highly practical, this engaging text covers the entire process of therapeutic work with couples, from opening sessions and assessment through skills building, core issues, and termination. Students and novice couple therapists learn effective strategies for intervening with couples of any age who are struggling with acute crises or longstanding conflicts and power struggles. Rich with sensitive, detailed case material, the book features numerous exercises that help readers identify and develop their own strengths as practitioners. Self-care strategies and tips for getting the most out of supervision are provided. Special topics include how to address couple issues with only one partner and couple therapy applications for chronic mental health problems.

See also the author's *Doing Family Therapy, Third Edition: Craft and Creativity in Clinical Practice*.

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Editorial Review

Review

"This practical and compassionate book lays out a clear and convincing framework for conducting couple therapy. It helps clinicians make the critical transition from individual to 'couple' thinking and provides the know-how and techniques for successful treatment of diverse relational problems. A key advance is its sensitivity to life cycle challenges that often form the backdrop to couple conflicts. This volume is sure to be an invaluable resource for practicing clinicians and therapists in training."--Jefferson A. Singer, PhD, Department of Psychology, Connecticut College

"This groundbreaking book will be of tremendous help to clinicians who want to expand their ability to work with couples. Drawing from a number of perspectives, including family systems, cognitive-behavioral, and psychodynamic approaches, Taibbi has produced a concise, coherent primer. The reader will find practical guidance on understanding and treating the unique challenges facing couples at various phases of the lifespan, including difficulties around money, work, sex, children, and in-laws. Taibbi shows how to keep sessions moving and provides a guide for action-oriented treatment, clearly demonstrating how the work can change the dynamics of relationships."--Marion Solomon, PhD, Director of Training, Lifespan Learning Institute, Los Angeles, California

"This thoughtful and practical guide carefully leads the therapist through each stage of the therapeutic encounter with a couple. Of particular value for therapists in training is a study guide at the end of each chapter that encourages readers to explore their own process and use-of-self as an instrument for change."--David E. Greenan, LMFT, EdD, senior faculty, Minuchin Center for the Family, New York, New York

"There are a number of books on doing couple therapy based on a particular model, but until now, there hasn't been a text for beginning couple therapists that is so comprehensive, practical, and eclectic. Illustrated with clear, compelling examples, this book is filled with the sage advice of a leader in the field. It is written in a direct, highly readable style, as if the reader were sitting in Taibbi's office receiving hours of supervision. Doing couple therapy can be like navigating a minefield--this book provides the map I wish I'd had when I was starting out."--Richard C. Schwartz, PhD, Center for Self Leadership, Oak Park, Illinois

"A gift for seasoned therapists and beginners alike. Treating the intricacies, delicate balances, and difficult compromises of any couple relationship is different from working with individuals or families, and is arguably the most challenging form of therapy. In very clear, engaging writing, Taibbi presents a comprehensive, integrated model of couple treatment. He constructively demonstrates how to utilize systems, behavioral, and developmental treatment models, while keeping the therapy direct, simple, and profoundly compassionate. Despite specializing in couples work for the past 20 years, I found Taibbi's approach compelling and refreshing. There were many useful insights for this old dog, who was quite delighted to learn some new tricks."--David Treadway, PhD, private practice, Weston, Massachusetts

"Very much a hands-on, step-by-step guide to doing couple therapy....The basic structure of the book is clear and consistent....The language is clear and accessible....The constant use of case material, with its friendly

narrative feel, lightens and enlightens the text. The book is full of engaging and dynamic characters with the whole range of endearing and frustrating personalities that people our work. The author makes a warm and lively relationship with the reader, mirroring the very substance of the couple counselling he is illustrating. Most usefully, the author offers generous quantities of practical strategies for understanding and working with the whole variety of people and presentations that fill the book."

(*The Independent Practitioner* 2010-12-10)

"Practical and engaging....It is both detailed and heartening. I like the way [Taibbi] encourages therapists to develop their own styles and play to their own strengths in their work with couples and his emphasis on self-reflection and self-care in this challenging area of therapy. I think most couple therapists would find new ideas or be reassured that there is sound thinking beyond many of the interventions they already use. I am happy to recommend it."

(*Sexual and Relationship Therapy* 2010-12-10)

"What I like most about the book is the Exercises section at the end of each chapter...because they are solid, basic homework-type questions that a cognitively oriented therapist would give to the couples for their own homework."

(*PsycCRITIQUES* 2007-11-03)

About the Author

Robert Taibbi, LCSW, has 36 years' experience, primarily in community mental health, as a clinician, supervisor, and clinical director. He is the author of *Doing Family Therapy: Craft and Creativity in Clinical Practice*, now in its second edition and recently translated into Chinese and Portuguese, and *Clinical Supervision: A Four-Stage Process of Growth and Discovery*, as well as several book chapters and over 150 magazine and journal articles. He has served as teen advice columnist for *Current Health* and as a contributing editor to *Your Health and Fitness*, and has received three national writing awards for Best Consumer Health Writing from the Health Information Resource Center. Mr. Taibbi provides training nationally on couple and family therapy, treatment of emotionally disturbed children and adolescents, and clinical supervision. He is currently in private practice in Charlottesville, Virginia.

Users Review

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Barbara Shephard:

Information is provisions for folks to get better life, information these days can get by anyone in everywhere. The information can be a know-how or any news even an issue. What people must be consider if those information which is from the former life are hard to be find than now could be taking seriously which one is acceptable to believe or which one often the resource are convinced. If you get the unstable resource then you understand it as your main information it will have huge disadvantage for you. All those possibilities will not happen in you if you take *Doing Couple Therapy: Craft and Creativity in Work with Intimate Partners* (Guilford Family Therapy Series) as your daily resource information.

Gary Wilson:

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