

Contents

1. Introduction: Dilemmas and Choices in Couple Therapy	1
2. What Is a Good Relationship?	18
3. Principles and Methods	31
4. The First Session	48
5. The Individual in the System: A Critical Pathway to Change	77
6. Common Underlying Relationship Issues and How to Address Them	90
7. From the First to the Second Session: Clinical Illustrations	103
8. The Genogram: A Window into the Psyche	136
9. “The Things They Carry”: Working with Legacy Issues	156

10. Deepening Connections	188
11. Troubleshooting Common Challenges	226
Epilogue: Principles of Change in Individual and Couple Therapy	245
<i>Paul L. Wachtel</i>	
References	269
Index	277