

Contents

1. The Theory and Practice of Couple Therapy:
History, Contemporary Models, and a Framework
for Comparative Analysis
Alan S. Gurman

I. MODELS OF COUPLE THERAPY

BEHAVIORAL APPROACHES

2. Cognitive-Behavioral Couple Therapy
**Donald H. Baucom, Norman B. Epstein, Jennifer S. Kirby,
and Jaslean J. LaTaillade** 23
3. Integrative Behavioral Couple Therapy
Andrew Christensen, Sona Dimidjian, and Christopher R. Martell 61

EMOTION-CENTERED APPROACHES

4. Emotionally Focused Couple Therapy
Susan M. Johnson 97
5. Gottman Couple Therapy
John Mordechai Gottman and Julie Schwartz Gottman 129

PSYCHODYNAMIC AND MULTIGENERATIONAL APPROACHES

6. Integrative Problem-Centered Metaframeworks Approach
**William M. Pinsof, Douglas C. Breunlin, Anthony L. Chambers,
Alexandra H. Solomon, and William P. Russell** 161

- 7. Functional Analytic Couple Therapy** 192
Alan S. Gurman
- 8. Object Relations Couple Therapy** 224
Judith P. Siegel
- 9. Bowen Family Systems Couple Coaching** 246
Katharine Gratwick Baker

SOCIAL CONSTRUCTIONIST APPROACHES

- 10. Narrative Couple Therapy** 271
Jill Freedman and Gene Combs
- 11. Solution-Focused Couple Therapy** 300
Michael F. Hoyt

SYSTEMIC APPROACHES

- 12. Brief Strategic Couple Therapy** 335
Michael J. Rohrbaugh and Varda Shoham
- 13. Structural Couple Therapy** 358
George M. Simon

II. APPLICATIONS OF COUPLE THERAPY: SPECIAL POPULATIONS, PROBLEMS, AND ISSUES

RUPTURE OF RELATIONAL BONDS: VIOLENCE, AFFAIRS, AND DIVORCE

- 14. Couple Therapy for Partner Aggression** 389
Norman B. Epstein, Carol A. Werlinich, and Jaslean J. LaTaillade
- 15. Couple Therapy and the Treatment of Affairs** 412
Kristina Coop Gordon, Alexander Khaddouma, Donald H. Baucom, and Douglas K. Snyder
- 16. Separation and Divorce Issues in Couple Therapy** 445
Jay L. Lebow

COUPLE THERAPY AND DIVERSE RELATIONSHIPS

- 17. Therapy with Couples in Stepfamilies** 467
Patricia L. Papernow
- 18. Gay, Lesbian, and Bisexual Issues in Couple Therapy** 489
Robert-Jay Green and Valory Mitchell
- 19. Couple Therapy and Intercultural Relationships** 512
Kyle D. Killian

COUPLE THERAPY AND PSYCHOLOGICAL DISORDERS

- 20.** Couple Therapy and Posttraumatic Stress Disorder 531
Candice M. Monson and Steffany J. Fredman
- 21.** Couple Therapy and Alcohol Problems 555
Barbara S. McCrady and Elizabeth E. Epstein
- 22.** Couple Therapy and Depression 585
Mark A. Whisman and Steven R. H. Beach
- 23.** Couple Therapy and Borderline Personality Disorder 606
Alan E. Fruzzetti and Luciana Payne
- 24.** Couple Therapy and Sexual Problems 635
Gerald R. Weeks and Nancy Gambescia

COUPLE THERAPY, MEDICAL ISSUES, AND INTERPERSONAL NEUROBIOLOGY

- 25.** Couple Therapy and Medical Issues 659
Nancy Breen Ruddy and Susan H. McDaniel
- 26.** Couple Therapy and Interpersonal Neurobiology 681
Mona DeKoven Fishbane

Index

703