



# **The Couple and Family Therapist's Notebook: Homework, Handouts, and Activities for Use in Marital and Family Therapy (Haworth Practical Practice in Mental Health)**

*Katherine M. Hertlein, Dawn Viers*

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Get a “sneak peek” at clinical vignettes that demonstrate the power of creative interventions!

Couples and families present unique challenges in therapy, and other books rarely illustrate the effectiveness of particular types of interventions on actual cases. The Couple and Family Therapist's Notebook provides clinicians with a wide range of practical field-tested therapy activities and homework that are solidly grounded to each intervention's theoretical underpinning, then explores their effectiveness by briefly relating real-life cases. Continuing The Haworth Press Therapist's Notebook series, respected experts detail how to perform several creative interventions and then follow with insightful clinical vignettes to illustrate under what specific circumstances each particular approach is effective.

Each chapter of The Couple and Family Therapist's Notebook: Homework, Handouts, and Activities for Use in Marital and Family Therapy has an objective statement to orient the reader to the homework, handout, or activity, followed by a rationale. Instructions explain how to perform the activity, followed by clinical case vignette, a section of contraindications, and a list of useful resources for both the practitioner and the client. Illustrations and appendixes also provide helpful guides for the therapist.

The Couple and Family Therapist's Notebook: Homework, Handouts, and Activities for Use in Marital and Family Therapy gives you the tools for approaches such as:

- emotionally focused therapy
- symbolic-experiential therapy
- transgenerational theory
- solution-focused therapy
- experiential therapy
- and many others

And some of the intervention techniques that are illustrated:

- the Metaphor of Gardens
- the Coming Clean Ritual
- creating rituals for couples coping with early pregnancy loss
- the Four C's of Parenting
- identifying family rules
- the Systemic Kvebaek Technique
- physical acting techniques
- the Feelings Game
- writing to combat adolescent silence in family therapy
- Family Stress Balls
- the Goodbye Book

- the “Puppet Reflecting Team” Technique
- family-based school interventions
- and many more

The Couple and Family Therapist's Notebook: Homework, Handouts, and Activities for Use in Marital and Family Therapy provides invaluable insight and vital clinical tools for creative couple and family intervention, perfect for adaptation by counselors, psychotherapists, practitioners in private practice, school systems, hospitals, government settings, homeless shelters, and not-for-profit agencies and counseling centers.

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**Angela Babb:**

Information is provisions for anyone to get better life, information these days can get by anyone with everywhere. The information can be a understanding or any news even a huge concern. What people must be consider any time those information which is within the former life are challenging to be find than now is taking seriously which one works to believe or which one the particular resource are convinced. If you get the unstable resource then you obtain it as your main information it will have huge disadvantage for you. All those possibilities will not happen within you if you take The Couple and Family Therapist's Notebook: Homework, Handouts, and Activities for Use in Marital and Family Therapy (Haworth Practical Practice in Mental Health) as your daily resource information.

**Jeffrey Lambert:**

Playing with family in a very park, coming to see the water world or hanging out with pals is thing that usually you will have done when you have spare time, after that why you don't try point that really opposite from that. One particular activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love The Couple and Family Therapist's Notebook: Homework, Handouts, and Activities for Use in Marital and Family Therapy (Haworth Practical Practice in Mental Health), you could enjoy both. It is fine combination right, you still wish to miss it? What kind of hangout type is it? Oh seriously its mind hangout men. What? Still don't buy it, oh come on its referred to as reading friends.

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book, you feel wish to read more and more. Science publication was created for teacher or even students especially. Those publications are helping them to include their knowledge. In some other case, beside science guide, any other book likes The Couple and Family Therapist's Notebook: Homework, Handouts, and Activities for Use in Marital and Family Therapy (Haworth Practical Practice in Mental Health) to make your spare time more colorful. Many types of book like this.

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