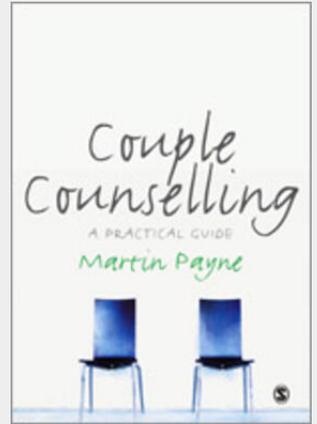


Payne

Couple Counselling

A Practical Guide

This practical book outlines the essential principles and practices of couple counselling. Demystifying this form of therapy, the author provides a step-by-step guide from the first meeting through to subsequent sessions. The book includes a wealth of supporting features including case examples, student exercises, points for reflection and memory-jog pages to use in practice. As well as chapters illustrating counselling for problems frequently experienced by couples, such as sexual difficulties, infidelity, violence and abuse, key content includes: - cultural differences in couples work - varieties of committed relationships - responses to specific difficulties - ethical issues that arise as a result of working with two people - gender differences in relation to the counsellor's own sexuality and/or gender - the value of training courses and supervision - persons' narratives as a basis for change. This book comprises a sound basis for one-to-one practitioners wishing to expand their expertise and practice of therapy into working with couples, and for students training in this mode of counselling



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