

Can Individual Therapy Help A Marriage

can individual therapy help a marriage: *Divorce Busting* Michele Weiner Davis, 1993-02 A step-by-step approach to making your marriage loving again.

can individual therapy help a marriage: *From Conflict To Resolution* Susan Heitler, 1993 In a dramatic theoretical breakthrough, psychologist Susan M. Heitler unties various schools of therapy with a powerful insight. Emotional healing depends on movement from conflict to resolution, as the title suggests.

can individual therapy help a marriage: *Projective Identification and Psychotherapeutic Technique* Thomas H. Ogden, 1982 An examination of projective identification and its clinical uses from a Kleinian perspective. The author puts forward the hypothesis that identification is the patient's way of mastering significant trauma.

can individual therapy help a marriage: *It Takes One to Tango* Winifred M. Reilly, 2017-04-04 With a focus on self-empowerment and resilience, this refreshing and witty relationship guide has a reassuring counterintuitive message for unhappy spouses: you only need one partner to initiate far-reaching positive change in a marriage. Conventional wisdom says that “it takes two” to turn a troubled marriage around and that both partners must have a shared commitment to change. So when couples can’t agree on how—or whether—to make their marriage better, many give up or settle for a less-than-satisfying marriage (or think the only way out is divorce). Fortunately, there is an alternative. “What distinguishes Reilly’s book is that she says a warring couple don’t have to agree on the goal of staying together; it takes one person changing, not both, to make a marriage work” (The New York Times). Marriage and family therapist Winifred Reilly has this message for struggling partners: Take the lead. Doing so is effective—and powerful. Through Reilly’s own story of reclaiming her now nearly forty-year marriage, along with anecdotes from many clients she’s worked with, you’ll learn how to: -Focus on your own behaviors and change them in ways that make you feel good about yourself and your marriage -Take a firm stand for what truly matters to you without arguing, cajoling, or resorting to threats -Identify the “big picture” issues at the basis of your repetitive fights—and learn how to unhook from them -Be less reactive, especially in the face of your spouse’s provocations -Develop the strength and stamina to be the sole agent of change Combining psychological theory, practical advice, and personal narrative, *It Takes One to Tango* is a “wise and uplifting” (Dr. Ellyn Bader, Director of The Couples Institute) guide that will empower those who choose to take a bold, proactive approach to creating a loving and lasting marriage.

can individual therapy help a marriage: *Gospel-Centered Family Counseling* Robert W. PhD Kelleman, 2020-09-15 Pastors and counselors regularly minister to people whose marriages or families are in crisis. Tempers run high and feelings are brought low when a marriage is hurting or a family is in disarray. Pastors and counselors need practical, biblical help in order to connect their theological training to the reality of modern messy relationships. These how-to training manuals provide relevant, user-friendly equipping for pastors, counselors, lay leaders, educators, and students, enabling them to competently and compassionately relate God's Word to marriage and family life.

can individual therapy help a marriage: *The Dance of Anger* Harriet Lerner, 2014-03-25 The renowned classic and New York Times bestseller that has transformed the lives of millions of readers, dramatically changing how women and men view relationships. Anger is something we feel. It exists for a reason and always deserves our respect and attention. We all have a right to everything we feel—and certainly our anger is no exception. Anger is a signal and one worth listening to, writes Dr. Harriet Lerner in her renowned classic that has transformed the lives of millions of readers. While anger deserves our attention and respect, women still learn to silence our anger, to deny it entirely, or to vent it in a way that leaves us feeling helpless and powerless. In this

engaging and eminently wise book, Dr. Lerner teaches both women and men to identify the true sources of anger and to use it as a powerful vehicle for creating lasting change. For decades, this book has helped millions of readers learn how to turn their anger into a constructive force for reshaping their lives. With a new introduction by the author, *The Dance of Anger* is ready to lead the next generation.

can individual therapy help a marriage: *How To Save Your Marriage In 3 Simple Steps* Lee H Baucom Ph D, Lee H. Baucom, 2013-10 This book presents Lee Baucom's system for saving your marriage in three easy steps: connecting with your spouse, changing yourself, and creating a new path.

can individual therapy help a marriage: Marriage Counseling Everett L. Worthington Jr., 2009-09-20 Marriages are in trouble today. That is clear. Effective methods of combating this trend are less evident. Counselors, pastors and social workers need more than mere theories or mere moralizing. They need a practical and comprehensive model for understanding couples and their problems. They need a thoroughly Christian perspective that is biblical, compassionate and human. Everett Worthington provides this in an integrated, biblically based theory of marriage and marriage therapy with analysis at three levels: the individual, the couple and the family. The model he has constructed, with techniques drawn from the major psychological schools, is standard enough to guide counselors in actual interventions and powerful enough to produce change. A thoroughgoing overview of the assessment process includes practical, workable guidelines for: creating realistic, mutually-agreeable goals for counselor and clients; estimating the number of sessions needed to reach those goals; and planning the actual assessment, intervention and termination sessions. Next Worthington offers specific techniques for enhancing cooperative change, intimacy, communication, conflict resolution and forgiveness within the marriage. But keeping couples from slipping back into old patterns is one of the counselor's most difficult tasks. So Worthington concludes with suggestions for solidifying change and effectively concluding the counseling relationship. Here is a text that will be a standard for counselors, pastors and mental health professionals in the years to come.

can individual therapy help a marriage: Love Cycles, Fear Cycles David Woodsfellow, Deborah Woodsfellow, 2018-03-27 *Love Cycles, Fear Cycles* teaches readers the most important idea in all of couples therapy. This idea gives readers a new understanding of what's been going wrong in their marriage - and a new way to make things right. The key idea is changing a couple's negative cycle back into their positive cycle. Most relationships start in a positive cycle, where both people feel wonderful and respond lovingly. There are four words that describe each couple's positive cycle - one for each person's good feeling, and one for each person's loving response. However, as challenges arise, people instinctively respond with some type of fight or flight. Over time, these responses spiral together into a negative cycle where each person feels bad and responds defensively. There are four words for each couple's negative cycle - one for each person's worst feeling, and one for each person's defensive reaction. Many couples get trapped in their negative cycle and their relationship spirals deeper into hurt and loneliness. To have a good marriage, a couple needs to find a way out of their negative cycle and back into their positive cycle. *Love Cycles, Fear Cycles* teaches readers how to do that. From his decades as a couples therapist, Dr. Woodsfellow has distilled this one most-essential component of all successful marriage counseling. He now presents this to the general public in a way that is easy to understand and easy to use.

can individual therapy help a marriage: *The Art and Science of Psychotherapy* Stefan G. Hofmann, Joel Weinberger, 2013-05-13 Psychotherapy, like most other areas of health care, is a synthesis of scientific technique and artistic expression. The practice, like any other, is grounded in a series of standardized principles, theories, and techniques. Individual practitioners define themselves within the field by using these basic tools to achieve their therapeutic goals in novel ways, applying these rudimentary skills and guiding principles to each situation. However, a toolbox full of treatment approaches, no matter how comprehensive, is not enough to effectively reach your patients. Effective work can only be accomplished through a synthesis of the fundamental scientific

methods and the creative application of these techniques, approaches, and strategies. *The Art and Science of Psychotherapy* offers invaluable insight into the creative side of psychotherapy. The book addresses the fundamental split between researchers and scholars who use scientific methods to develop disorder-specific treatment techniques and those more clinically inclined therapists who emphasize the individual, interpersonal aspects of the therapeutic process. With contributions from leading therapists, the editors have compiled a practical handbook for clinical psychologists, social workers, psychiatrists, and mental health professionals.

can individual therapy help a marriage: *The Dance of Intimacy* Harriet Lerner, 1990 In *The Dance of Intimacy*, the bestselling author of *The Dance of Anger* outlines the steps to take so that good relationships can be strengthened and difficult ones can be healed. Taking a careful look at those relationships where intimacy is most challenged--by distance, intensity, or pain--she teaches us about the specific changes we can make to achieve a more solid sense of self and a more intimate connectedness with others. Combining clear advice with vivid case examples, Dr. Lerner offers us the most solid, helpful book on intimate relationships that both women and men may ever encounter.

can individual therapy help a marriage: *Restoration Therapy* Terry D. Hargrave, Franz Pfitzer, 2011-05-09 How can a therapist help his or her clients and ensure that they continue to maintain the insights and motivations learned during therapy in everyday life, beyond termination? *Restoration Therapy* is a professional resource that introduces the reader to the essential elements of its namesake, and from there guides clinicians to a systemic understanding of how certain forces lead to destructive cycles in relationships, which perpetuate more and more dysfunction among members. Clients and therapists both will understand issues more clearly, experience the impacts that emotion can have on insight, and practice the process so more loving and trustworthy relationships can take hold in the intergenerational family.

can individual therapy help a marriage: *Rekindling Desire* Barry McCarthy, Emily McCarthy, 2013-12-17 For over a decade *Rekindling Desire* has helped to restore and restructure sexuality in thousands of lives. This expanded edition continues the exploration of inhibited sexual desire and no-sex relationships by the author, who brings decades of knowledge and the expertise that comes from having treated almost 3,000 couples for sexual problems. Contained within are suggested strategies and exercises that help develop communication and sexual skills, as well as interesting case studies that open the doors to couples' sexual frustrations. The shame, embarrassment, and hesitancy that individuals feel with themselves, and the resentment and blame they can feel towards their sexual partners, are explored and put into context. Whether you are married, cohabitating, or dating, or if you are 25, 45, or 75, reading this book will help renew your sexual desire and put you on the path towards healthy, pleasure-oriented sexuality.

can individual therapy help a marriage: *Helping Couples on the Brink of Divorce* William Joseph Doherty, Steven Michael Harris, 2017 This book presents a five-session protocol for distressed couples to learn about what has happened to their relationship and each person's contributions to the problems, with the goal of clarifying a direction for their marriage

can individual therapy help a marriage: *Betrayal Trauma Recovery* Anne Blythe, 2019-05-05 A daily journal for women wondering if their husband's behavior is abusive. For women trying to determine if they should leave or stay. To help women decide if they want to divorce. A daily journal to help victims understand the reality and severity of their situation. For women who are considering separation or divorce due to their husband's lying, gaslighting, infidelity, emotional abuse, narcissistic behaviors. Visit btr.org for more information, and listen to the *Betrayal Trauma Recovery* podcast found on iTunes, Google Play, Spotify and other podcasting platforms.

can individual therapy help a marriage: *The SAGE Encyclopedia of Marriage, Family, and Couples Counseling* Jon Carlson, Shannon B. Dermer, 2016-09-15 *The SAGE Encyclopedia of Marriage, Family and Couples Counseling* is a new, all-encompassing, landmark work for researchers seeking to broaden their knowledge of this vast and diffuse field. Marriage and family counseling programs are established at institutions worldwide, yet there is no current work focused specifically on family therapy. While other works have discussed various methodologies, cases, niche

aspects of the field and some broader views of counseling in general, this authoritative Encyclopedia provides readers with a fully comprehensive and accessible reference to aid in understanding the full scope and diversity of theories, approaches, and techniques and how they address various life events within the unique dynamics of families, couples, and related interpersonal relationships. Key topics include: Assessment Communication Coping Diversity Interventions and Techniques Life Events/Transitions Sexuality Work/Life Issues, and more Key features include: More than 500 signed articles written by key figures in the field span four comprehensive volumes Front matter includes a Reader's Guide that groups related entries thematically Back matter includes a history of the development of the field, a Resource Guide to key associations, websites, and journals, a selected Bibliography of classic publications, and a detailed Index All entries conclude with Further Readings and Cross References to related entries to aid the reader in their research journey

can individual therapy help a marriage: *The Marriage Checkup* James V. Córdova, 2009-05-11 The Marriage Checkup is designed to help couples assess the strengths and weaknesses of their relationship and to develop strategies for strengthening its health. Like physical health, the health of a relationship can be developed to greater levels of fitness and resilience to illness. Thus, even healthy couples can benefit from a marital health perspective by developing exercises for optimizing their health and fitness. This book primarily serves couples interested in improving the health of their relationship. Counselors and therapists may recommend that their couples-patients use the book. Additionally, the book may be of interest to professors of marriage and family counseling.

can individual therapy help a marriage: *Behavioral Couples Therapy for Alcoholism and Drug Abuse* Timothy J. O'Farrell, William Fals-Stewart, 2012-03-12 This eminently practical guide presents an empirically supported approach for treating people with substance abuse problems and their spouses or domestic partners. Behavioral couples therapy (BCT) explicitly focuses on both substance use and relationship issues, and is readily compatible with 12-step approaches. In a convenient large-size format, the book provides all the materials needed to introduce BCT; implement a recovery contract to support abstinence; work with clients to increase positive activities, improve communication, and reduce relapse risks; and deal with special treatment challenges. Appendices include a session-by-session treatment manual and 70 reproducible checklists, forms, and client education posters.

can individual therapy help a marriage: *In Quest of the Mythical Mate* Ellyn Bader, Peter Pearson, 2013-05-13 In Quest of the Mythical Mate presents a valuable and fertile developmental model for diagnosing and treating couples that is flexible enough to incorporate a wide variety of intervention strategies, yet purposeful enough to give a clear sense of direction to couples in distress. As such, this volume provides a powerful therapeutic approach for all professionals who treat couples.

can individual therapy help a marriage: *Integrative Behavioral Couple Therapy: A Therapist's Guide to Creating Acceptance and Change, Second Edition* Andrew Christensen, Brian D. Doss, Neil S. Jacobson, 2020-09-15 The definitive therapist manual for Integrative Behavioral Couple Therapy (IBCT)—one of the most empirically supported approaches to couple therapy. Andrew Christensen, codeveloper (along with the late Neil Jacobson) of Integrative Behavioral Couple Therapy, and Brian Doss provide an essential manual for their evidence-based practice. The authors offer guidance on formulation, assessment, and feedback of couples' distress from an IBCT perspective. They also detail techniques to achieve acceptance and deliberate change. In this updated edition of the work, readers learn about innovations to the IBCT approach in the 20+ years since the publication of the original edition—including refinements of core therapeutic techniques. Additionally, this edition provides new guidance on working with diverse couples, complex clinical issues, and integrating technology into a course of treatment.

can individual therapy help a marriage: *The Five Love Languages* Gary Chapman, 2009-12-17 Marriage should be based on love, right? But does it seem as though you and your spouse are speaking two different languages? #1 New York Times bestselling author Dr. Gary

Chapman guides couples in identifying, understanding, and speaking their spouse's primary love language-quality time, words of affirmation, gifts, acts of service, or physical touch. By learning the five love languages, you and your spouse will discover your unique love languages and learn practical steps in truly loving each other. Chapters are categorized by love language for easy reference, and each one ends with simple steps to express a specific language to your spouse and guide your marriage in the right direction. A newly designed love languages assessment will help you understand and strengthen your relationship. You can build a lasting, loving marriage together. Gary Chapman hosts a nationally syndicated daily radio program called A Love Language Minute that can be heard on more than 150 radio stations as well as the weekly syndicated program Building Relationships with Gary Chapman, which can both be heard on fivelovelanguages.com. The Five Love Languages is a consistent New York Times bestseller - with over 5 million copies sold and translated into 38 languages. This book is a sales phenomenon, with each year outselling the prior for 16 years running!

can individual therapy help a marriage: The Good Marriage: How and Why Love Lasts Judith Wallerstein, 2019-08-09 When it first appeared in 1995, *The Good Marriage* became a best-seller. It offers timeless clues to the secret of happy, long-lasting marriages. Based on a groundbreaking study of fifty couples who consider themselves happily married, psychologist Judith Wallerstein presents the four basic types of marriage — romantic, rescue, companionate, and traditional — and identifies nine developmental tasks that must be successfully undertaken in a “good marriage” — separation from the family of origin, up-and-down vicissitudes of early years, children, balance of work and home, dealing with infidelities, and more. The men and women Wallerstein interviewed readily admit that even the best relationship requires hard work and continuing negotiation, especially in the midst of societal pressures that can tear marriages apart. But they also convey an inspirational message, for almost all of them feel that their marriage is their single greatest accomplishment. *The Good Marriage* explains why, and its lively mix of storytelling and analysis will challenge every couple to think in a profoundly different way about the most important relationship in their lives. “Should be required reading for all who are interested in marriage.” — W. Walter Menninger “Should prove a lifesaver for many couples.” — Publishers Weekly “Will enrich the sparse literature on happy marriages.” — USA Today “One of the nice things about *The Good Marriage* is its modesty. It doesn’t pretend to offer a philosophy or even a lecture on marriage. It takes no position on the ideologically charged issues of women’s marital roles and status. Equally important, it ignores the two most common ways of talking about marriage — as a contract negotiated between two equal parties and as the pathway to individual fulfillment. For this reason it is refreshingly free of ‘rights’ talk and therapy talk. Indeed, Wallerstein places much more emphasis on the development of good judgment and a moral sense than on the acquisition of effective communication or negotiation skills.” — Barbara Dafoe Whitehead, *The Atlantic* “A lagniappe to enduring couplehood... The strength of this study is that Ms. Wallerstein, a gifted interviewer, persuades the couples to reveal their interior lives in rich, explicit detail.” — Susan Jacoby, *The New York Times Book Review* “Written in a masterful style that often reads like the best popular fiction... Wallerstein and Blakeslee again combine their substantial talents... deftly and entertainingly exploring the foundations of good marriages.” — Tara Aronson, *San Francisco Examiner & Chronicle* “Groundbreaking.” — *Boston Globe* “This is a wonderfully readable and immensely valuable book, full of wise and original insights about the many, many roads to marital happiness.” — Judith Viorst “With wisdom, humor, and sympathetic understanding, Judith Wallerstein helps us recognize and rediscover the good marriage... lucid, psychologically sophisticated, and generously wise.” — David Blankenhorn, *Newsday* “Historically informative as well as profoundly wise psychologically.” — Joan M. Erikson “For a long time, as a Rabbi, I’ve been using *The Good Marriage*, by the late Judith Wallerstein... in my pre-marital counseling. She provides... amazingly helpful insights [which] open up conversations and lead couples to think much more deeply about what they are getting themselves into — and what they might need to do to keep their marriages strong.” — Rabbi Carl M. Perkins “A welcome addition to the field of literature on contemporary marriage... The style [is]

clear, concise, sensitive and, occasionally, personal. Her personal additions... add warmth, emotional consciousness, and greater insight into what makes individuals and couples happy in their relationships. This book has value for the many audiences interested in relational theory that want to approach relationships from a realistic and positive perspective." — Nancy Williford, *Clinical Social Work Journal* "In *The Good Marriage*, Wallerstein's new study of 50 married couples offers affirmation that the process of marriage itself presents a vehicle for transformation... A best-selling author, Wallerstein employs a thoughtful, nonaggressive style that appeals to the general public. Wallerstein has performed an invaluable service in *The Good Marriage*." — Elizabeth M. Tully, M.D., *Journal of Academy of Child and Adolescent Psychiatry* "Solid... impressive... Those interested in social policy should be pleased that so well-respected a liberal academic as Ms. Wallerstein has written a book that celebrates marriage and points the way toward restructuring it." — *Wall Street Journal* "With extraordinary skill and compassion Wallerstein and Blakeslee take us inside the lives of fifty American couples and find that a good marriage still provides the best framework for enduring love and intimacy." — Sylvia Ann Hewlett "A very appealing book... clearly written and clearly thought out." — *Library Journal* "Wallerstein's major contribution is not about how and why love lasts, but about how and why love develops. It is in such a context, less idyllic, but more realistic, that the book will prove to be a lasting contribution." — *Readings: A Journal of Reviews and Commentary in Mental Health*

can individual therapy help a marriage: *Beyond Messy Relationships* Judy K. Herman, 2019-06-04 Discover your true self and find hope beyond your messy relationships! As a mental health therapist, Judy prepares to see her next client. As a wife, she falls apart in the midst of her husband's psychosis. His inpatient psychiatrist says, "This is going to be a hard case". Judy's first marriage of 29 years ended in divorce after toxic patterns of chronic bitterness. Facing the shame of her past and mothering four children, she recognizes divine invitations toward her authentic self. After four years into a new marriage with her beloved dance partner, Judy suddenly faces frightful realities. Can Judy's second marriage recover from damage caused by his psychosis? *Beyond Messy Relationships* is not only an intense and dramatic memoir. It's a mix of psychological wisdom and spiritual inspiration that helps readers make sense of their deep feelings. In *Beyond Messy Relationships*, readers: Discover they're not alone as they resonate with the messy relationships of a licensed professional counselor Learn a simple formula of A.I.R. to experience freedom beyond the messes Connect the dots from their past to their present Overcome shame so they can experience the freedom they long for Within *Beyond Messy Relationships*, readers find hope through the formula of breathing in fresh A.I.R.: Awareness, Intentionality, and Risks and recognize divine invitations beyond the messes. Finding your authentic self is worth the journey.

can individual therapy help a marriage: *The Seven Principles for Making Marriage Work* John Gottman, PhD, Nan Silver, 2015-05-05 NEW YORK TIMES BESTSELLER • Over a million copies sold! "An eminently practical guide to an emotionally intelligent—and long-lasting—marriage."—Daniel Goleman, author of *Emotional Intelligence* *The Seven Principles for Making Marriage Work* has revolutionized the way we understand, repair, and strengthen marriages. John Gottman's unprecedented study of couples over a period of years has allowed him to observe the habits that can make—and break—a marriage. Here is the culmination of that work: the seven principles that guide couples on a path toward a harmonious and long-lasting relationship. Straightforward yet profound, these principles teach partners new approaches for resolving conflicts, creating new common ground, and achieving greater levels of intimacy. Gottman offers strategies and resources to help couples collaborate more effectively to resolve any problem, whether dealing with issues related to sex, money, religion, work, family, or anything else. Packed with new exercises and the latest research out of the esteemed Gottman Institute, this revised edition of *The Seven Principles for Making Marriage Work* is the definitive guide for anyone who wants their relationship to attain its highest potential.

can individual therapy help a marriage: *What Makes Love Last?* John Gottman, John Mordechai Gottman, Nan Silver, 2013-09-10 One of the foremost relationship experts at work today

offers creative insight on building trust and avoiding betrayal, helping readers to decode the mysteries of healthy love and relationships--

can individual therapy help a marriage: The Life-Saving Divorce Gretchen Baskerville, 2020-02 You Can Love God and Still Get a Divorce. And get this, God will still love you. Really. Are you in a destructive marriage? One of emotional, physical, or verbal abuse? Infidelity? Neglect? If yes, you know you need to escape, but you're probably worried about going against God's will. I have good news for you. You might need to divorce to save your life and sanity. And God is right beside you. In The Life-Saving Divorce You'll Learn: - How to know if you should stay or if you should go.- The four key Bible verses that support divorce for infidelity, neglect, and physical and/or emotional abuse. - Twenty-seven myths about divorce that aren't true for many Christians. - Why a divorce is likely the absolute best thing for your children. - How to deal with friends and family who disapprove of divorce. - How to find safe friends and churches after a divorce. Can you find happiness after leaving your destructive marriage? Absolutely yes! You can get your life back and flourish more than you thought possible. Are you ready? Then let's go. It's time to be free. This book includes multiple first-person interviews. Explains psychological abuse, gaslighting, the abuse cycle, Christian divorce and remarriage, children and divorce, domestic violence, parental alienation, mental abuse, and biblical reasons for divorce. Includes diagrams such as the Duluth Wheel of Power and Control (the Duluth Model) and the Abuse Cycle, as well as graphs based on Paul Amato's 2003 study analyzing Judith Wallerstein's book, The Unexpected Legacy of Divorce. Includes quotes by Leslie Vernick, Lundy Bancroft, Shannon Thomas, David Instone-Brewer, Natalie Hoffman, LifeWay Research, Kathleen Reay, Gottman Institute, Glenda Riley, Martin Luther, John Calvin, Steven Stosny, Michal Gilad, Leonie Westenber, Nancy Nason-Clark, Julie Owens, Marg Mowczko, Justin Holcomb, Barna Group, Justin Lehmler, Alan Hawkins, Brian Willoughby, William Doherty, Brad Wright, Bradford Wilcox, Sheila Gregoire, E Mavis Hetherington, John Kelly, Betsey Stevenson, Justin Wolfers, Norm Wright, Virginia Rutter, Judith Herman, and Bessel van der Kolk. Recommended reading list includes: Henry Cloud, John Townsend Boundaries books, Richard Warshack books.

can individual therapy help a marriage: This Is How Your Marriage Ends Matthew Fray, 2022-03-22 A thoughtful, down-to-earth, contemporary guide to help partners identify and address relationship-killing behavior patterns in their own lives. Good people can be bad at relationships. One night during his divorce, after one too many vodkas and a call with a phone-in-therapist who told him to "journal his feelings," Matthew Fray started a blog. He needed to figure out how his ex-wife went from the eighteen-year-old college freshman who adored him to the angry woman who thought he was an asshole and left him. As he pieced together the story of his marriage and its end, Matthew began to realize a hard truth: even though he was a decent guy, he was a bad husband. As he shared raw, uncomfortable, and darkly humorous first-person stories about the lessons he'd learned from his failed marriage, a peculiar thing happened. Matthew started to gain a following. In January 2016 a post he wrote—"She Divorced Me Because I left the Dishes by the Sink"—went viral and was read over four million times. Filtered through the lens of his own surprising, life-changing experience and his years counseling couples, This Is How Your Marriage Ends exposes the root problem of so many relationships that go wrong. We simply haven't been taught any of the necessary skills, Matthew explains. In fact, it is sometimes the assumption that we are acting on good intentions that causes us to alienate our partners and foment mistrust. With the humorous, entertaining, and counterintuitive approach of The Subtle Art of Not Giving a F*ck, and the practical insights of The 5 Love Languages, This is How Your Marriage Ends helps readers identify relationship-killing behavior patterns in their own lives, and offers solutions to break free from the cycles of dysfunction and destruction. It is must-read for every partner no matter what stage—beginning, middle, or even end—of your relationship.

can individual therapy help a marriage: The Divorce Remedy Michele Weiner Davis, 2002-09-04 Provides advice for couples contemplating divorce who still hope to save their marriages, and suggests ways to deal with infidelity, depression, a midlife crisis, sexual problems, and other common issues.

can individual therapy help a marriage: Constructing the Sexual Crucible David M Schnarch, 1991-03-05 This book challenges the fundamental paradigms in sexual-marital therapies, and provides a fresh look at the nature of intimacy and the diverse barriers to eroticism in many marriages. By integrating individual, sexual and marital therapies, this study attempts to provide a fresh look at the nature of intimacy and the diverse barriers to eroticism in marriage. The author refutes the common focus on sexual technique, calling instead for an emphasis on sexual potential.

can individual therapy help a marriage: The Hard Questions Susan Piver, 2021-06-22 A revised and expanded edition of the classic relationship book that has helped thousands of couples shape a shared vision for their lives together. With this simple-yet-profound relationship tool, Susan Piver shows couples at any stage of their relationships--whether they are considering engagement, have been married for decades, or just want to deepen their connection--how they can forge and strengthen lasting, intimate bonds. Focusing on key areas such as home, money, work, community, and family, The Hard Questions contains 100 thought-provoking questions for couples to ask each other, including: • What will our home look like? • What are our professional goals? • How do you feel about sharing our life on social media? • Will we try to have children, and if so, when? The Hard Questions provides couples with guidance and support for having the kind of conversations that will lead them to a deeper understanding of each other and a happy, healthy, and prosperous future together.

can individual therapy help a marriage: I Do! Jim Walkup, 2019-04-16 Strengthen Your Bond, Strengthen Your Marriage Planning a meaningful wedding is important. Planning for a happy and satisfying marriage is critical. Through in-depth, thought-provoking exercises, I Do! A Marriage Workbook for Engaged Couples helps prospective partners grow their love and solidify their partnership as they prepare to walk down the aisle together. From money to intimacy, this marriage workbook helps you dig deep into your relationship over the course of 7 chapters--each focusing on a different part of married life. Gain insight into each other and discover ways to feel closer before you finally and happily say, I do! I Do! A Marriage Workbook for Engaged Couples includes: LOVE, SEX, AND MONEY--Prepare for married life by exploring and sharing your feelings on communication, money, intimacy, children, beliefs and values, family and friends, and work. IN-DEPTH EXERCISES--Learn more about your partner through various exercises, including writing prompts, true/false questionnaires, worksheets, partner discussions, and more. TOOLS TO TAKE IT TO THE NEXT LEVEL--Use this marriage workbook's exercises as springboards for a deeper exploration into your relationship. Deepen your connection and prepare for your marriage with I Do! A Marriage Workbook for Engaged Couples.

can individual therapy help a marriage: Techniques for the Couple Therapist Gerald R. Weeks, Stephen T. Fife, Colleen M. Peterson, 2016-03-22 Techniques for the Couple Therapist features many of the most prominent psychotherapists today, presenting their most effective couple therapy interventions. This book provides clinicians with a user-friendly quick reference with an array of techniques that can be quickly read and immediately used in session. The book includes over 50 chapters by experts in the field on the fundamental principles and techniques for effective couple therapy. Many of the techniques focus on common couple therapy processes such as enactments, communication, and reframing. Others focus on specific presenting problems, such as trauma, sexual issues, infidelity, intimate partner violence, and high conflict. Students, beginning therapists, and seasoned clinicians will find this pragmatic resource invaluable in their work with couples.

can individual therapy help a marriage: Exaholics Lisa Marie Bobby, 2016-02-10 Severing a cherished relationship is one of the most painful experiences in life—and cutting those emotional ties to a loved one can feel almost like ending an addiction. Up till now, people recovering from other problems were able to get real help—like AA and rehab—while those struggling in the aftermath of traumatic breaks dealt with platitudes and friends insisting they should get over it already. But now Exaholics Anonymous treats getting over an ex like kicking a chemical habit. Written by counselor and therapist Dr. Lisa Bobby, Exaholics offers meaningful support and advice to anyone trapped in

the obsessive pain of a broken, or dying, attachment. She helps the brokenhearted heal, showing them, on a deep level, how to develop a conceptual framework for their experience, understand the emotional processes at work inside themselves, find the path to recovery, and free themselves of shame, injured ego, and remorse. In-depth case studies of others' journeys will illuminate the way to future happiness.

can individual therapy help a marriage: *What Wives Wish their Husbands Knew about Sex* Richard Rupp, Ryan Howes, Stephen Ph. D. Simpson, 2007-04-01 It's an unfortunate reality that many men grow up in churches that suppress their God-given sexual urges. As a result, many Christian men, single and married, are frustrated with their love lives and their sex lives. The authors of this book claim that Christian men should be the greatest lovers in the world and then work to show men how to do it. They help men: -learn what the Bible says about a healthy sex life -discover how to relate to women as men instead of as boys -address psychological and spiritual issues that interfere with healthy sexuality -learn specific techniques that create a strong relationship, great foreplay, and passionate sex Solidly based in Scripture and informed by the experiences of the authors, all respected sex therapists, *What Wives Wish Their Husbands Knew about Sex* dispels the myths that keep good Christian men from experiencing sex as God meant it to be. Perfect for any man, it is also a great book for counselors and pastors who work with men.

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