



Couple Therapy: A New Hope-Focused Approach

Available September 2014

\$35, 399 pages, casebound

978-0-8308-2857-9

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Bringing Hope into the Therapy Setting

Couple counseling has one of the highest incidences of dropout and recidivism of any kind of counseling. Some research reports over a 50 percent “failure” rate at the one-year post-therapy point. Counseling in these circumstances can be utterly exhausting.

As a result, psychology and counseling students, professors, psychologists, psychiatrists, counselors, pastors, couples and even researchers all tackle the subject of conflicting couples. Couples counselors need a strategy that is effective. The approach needs to be accessible to novice counselors, pastoral counselors and counselors who do not specialize in treating couples.

Thankfully, Everett Worthington has been presenting and using his “hope-focused” approach to counseling for decades, an approach which is one of the best-supported empirically and most used by Christian counselors. In this new book, Worthington and Jennifer Ripley incorporate new research, methods, training, and exercises to make this book an ideal expansion of and companion to the highly successful *Hope-Focused Marriage Counseling*.

“This book will present a theoretically grounded, strategic approach to counseling couples that we have developed with Christian principles and have practiced and studied scientifically,” write Ripley and Worthington. “We call this an ‘approach’ because it is applicable to couple counseling and couple enrichment. In fact, even educated lay people could benefit by the many assessment tools and discussions for improving marriage. So this book might actually be a rarity in publishing—a professional book that could benefit experienced and novice psychotherapists, counselors, pastors and lay counselors, but could also benefit married couples. We believe it could give many ideas to active researchers as well. We address the book to the practicing couple counselor. Many have told us that, along with the practical interventions, it is the integrated, eclectic theoretical framework that is most friendly to combining with their own current system of couple therapy. This new book has a much deeper theory, grounded in other established theory and research in attachment and intimate bonds. We think you’ll love the expanded and deepened hope-focused couple approach theory in this book.”

Couple Therapy includes a vast list of interventions for couples in therapy and a large quantity of worksheets and handouts, useful to both the counselor and the couple. By relying on case studies, tested research and numerous sources of clinical wisdom, this text is sure to be an aid to anyone interested in couples counseling from a Christian perspective.

“As president of an organization with nearly fifty thousand Christian counselors, I am passionate about connecting those who help others with therapeutic approaches that are

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BOOK DETAILS

is professor of psychology at Virginia Commonwealth University. He is a licensed clinical psychologist and former executive director of the Templeton Foundation's A Campaign for Forgiveness Research. Worthington has studied forgiveness since the 1980s and has published more than two hundred articles and papers on forgiveness, marriage and family, psychotherapy and virtue in a wide variety of journals and magazines. He was the founding editor of *Marriage and Family: A Christian Journal* and sits on the editorial boards of several professional journals. He has appeared on *Good Morning America*, CNN and *The 700 Club* and has been featured in award-winning documentary movies on forgiveness such as *The Power of Forgiveness* and *The Big Question*. He is the author of seventeen books including *Handbook of Forgiveness*, *Hope-Focused Marriage Counseling* and *Forgiving and Reconciling*.

both evidence based and biblically sound," says Tim Clinton, president of the American Association of Christian Counselors and executive director for the Center for Counseling and Family Studies at Liberty University. "In *Couple Therapy* Ev Worthington and Jennifer Ripley present one of the top – if not the top! – marriage counseling approaches available today. This book is packed full of research, insights and over one hundred new counseling and coaching techniques. A must for every licensed therapist, pastoral counselor, marriage coach, lay counselor and graduate student!"

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