



Contemporary Issues in Couples Counseling: A Choice Theory and Reality Therapy Approach (Family Therapy and Counseling)

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Contemporary Issues in Couples Counseling explores the most difficult issues that people in the helping professions face when treating couples and provides concrete solutions for addressing them effectively. Using the revolutionary choice theory and reality therapy approaches to couples counseling, the book shows clinicians how to combine a relationship-based approach with the pragmatism of cognitive-behavior therapies. Both experienced and beginning clinicians will find *Contemporary Issues in Couples Counseling* ideal for helping clients focus on the here and now, not the past, and for creating treatment plans that meet clients' individual needs while also addressing the needs of their partners.

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