



Ending Spouse/Partner Abuse: A Psychoeducational Approach for Individuals and Couples

Robert Geffner PhD ABPN, MS Mantooth Carol

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This clinician's manual and workbook were developed to provide alternatives in the efforts to reduce the national epidemic of spouse/partner maltreatment. Geffner and Mantooth describe a model incorporating several theories and approaches of psychotherapy, while focusing on abuse as a primary issue. The program and techniques have been used and improved for more than 15 years in programs across the country.

The clinician will receive a comprehensive intervention program that includes 26 weekly sessions that address how to initiate the foundations for a therapeutic relationship; communicate and express feelings; teach self-management and assertiveness techniques; discuss intimacy issues; and implement a relapse prevention program. Each session contains brief intervention techniques, handouts, and homework assignments. The advantage of this approach is its flexibility. Modifications to the order in which the sessions are conducted can be made by trained clinicians to fit the needs of their clients.

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