

The High Conflict Couple

Murray Arnold Straus, Richard J. Gelles

The High-Conflict Couple Alan E. Fruzzetti Ph. D., 2009-12 You hear and read a lot about ways to improve your relationship. But if you've tried these without much success, you're not alone. Many highly reactive couples—pairs that are quick to argue, anger, and blame—need more than just the run-of-the-mill relationship advice to solve their problems in love. When destructive emotions are at the heart of problems in your relationship, no amount of effective communication or intimacy building will fix what ails it. If you're part of a 'high-conflict' couple, you need to get control of your emotions first, to stop making things worse, and only then work on building a better relationship. The High-Conflict Couple adapts the powerful techniques of dialectical behavior therapy (DBT) into skills you can use to tame out-of-control emotions that flare up in your relationship. Using mindfulness and distress tolerance techniques, you'll learn how to deescalate angry situations before they have a chance to explode into destructive fights. Other approaches will help you disclose your fears, longings, and other vulnerabilities to your partner and validate his or her experiences in return. You'll discover ways to manage problems with negotiation, not conflict, and to find true acceptance and closeness with the person you love the most.

The High-Conflict Couple Alan Fruzzetti, 2006-12-03 You hear and read a lot about ways to improve your relationship. But if you've tried these without much success, you're not alone. Many highly reactive couples—pairs that are quick to argue, anger, and blame—need more than just the run-of-the-mill relationship advice to solve their problems in love. When destructive emotions are at the heart of problems in your relationship, no amount of effective communication or intimacy building will fix what ails it. If you're part of a high-conflict couple, you need to get control of your emotions first, to stop making things worse, and only then work on building a better relationship. The High-Conflict Couple adapts the powerful techniques of dialectical behavior therapy (DBT) into skills you can use to tame out-of-control emotions that flare up in your relationship. Using mindfulness and distress tolerance techniques, you'll learn how to deescalate angry situations before they have a chance to explode into destructive fights. Other approaches will help you disclose your fears, longings, and other vulnerabilities to your partner and validate his or her experiences in return. You'll discover ways to manage problems with negotiation, not conflict, and to find true acceptance and closeness with the person you love the most. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit — an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate

scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

The High-Conflict Couple Alan E Fruzzetti, 2019-07-30 This book adapts the powerful techniques of dialectical behavior therapy (DBT) into skills you can use to tame out-of-control emotions that flare up in your relationship. You'll discover ways to manage problems with negotiation, not conflict, and to find true acceptance and closeness with the person you love the most.

Clinical Handbook of Couple Therapy, Fourth Edition Alan S. Gurman, 2008-06-24 This authoritative handbook provides a definitive overview of the theory and practice of couple therapy. Noted contributors--many of whom developed the approaches they describe--combine clear conceptual exposition with thorough descriptions of therapeutic techniques. In addition to presenting major couple therapy models in step-by-step detail, the book describes effective applications for particular populations and problems. Chapters adhere closely to a uniform structure to facilitate study and comparison, enhancing the book's utility as a reference and text. See also *Clinical Casebook of Couple Therapy*, also edited by Alan S. Gurman, which presents in-depth illustrations of treatment.

Couple Therapy Jennifer S. Ripley, Everett L. Worthington Jr., 2014-08-01 Weaving together classic cases outlined in *Hope-Focused Marriage Counseling* and over seventy-five brand new practical interventions, Jennifer Ripley and Everett Worthington Jr. expand and deepen their theoretical approach while providing new practical interventions for couple counseling and enrichment.

The Beauty of Conflict for Couples CrisMarie Campbell, Susan B. Clarke, 2019-09-15 “Genius . . . will teach you how to transform your conflict into closeness. A beautiful read for anyone in a relationship they want to take higher.” —Regena Thomashauer, New York Times bestselling author If left unresolved, sources of disconnect—from bad breath to infidelity—can lead to major rifts and smother the spark in a relationship. Authors CrisMarie Campbell and Susan Clarke bring over twenty years of experience in family and marriage counseling and relationship coaching to this book. They cater their advice to romantic relationships and provide resolution strategies for women and men. While arguments with our partner can get tiring, looking at those disagreements as opportunities to strengthen the bond rather than weaken it can have a significant impact on their effect. With conflict comes the chance to communicate and solve problems together. This can restore a sense of intimacy and connection with our partner, both emotionally and physically. In *The Beauty of Conflict for Couples*, you will find: · Relatable stories that shed light on the common struggles of romantic relationships · Practical tools that offer guidance for addressing conflict · A source of hope for relationships that appear to be fated for failure “*The Beauty of Conflict for Couples* is a knock-your-socks-off book for anyone who has ever struggled with intimacy, vulnerability, and the longing to make this relationship work even when it seems impossible . . . This book is readable (I couldn’t put it

down!), funny, warm, practical, and powerful.” —Ann Weiser Cornell, author of *The Radical Acceptance of Everything and The Power of Focusing*

Defusing the High-conflict Divorce Bernard Gaulier, 2007 It has been estimated that nearly twenty percent of the one million divorces each year in the U.S. involve high-conflict relationships. Angry, emotional disputes related to custody, parenting time, child support payments, visitation and more may go on for years. Who suffers? The children, mostly. Post-divorce conflict may be the most significant factor in adjustment (or maladjustment) for children of divorce. *Defusing the High-Conflict Divorce* offers a unique set of proven programs for quelling the hostility in high-conflict co-parenting couples, and defusing their prolonged, bitter and emotional struggles.

Summary of Dr. Alan E. Fruzzetti & Dr. Marsha M. Linehan's *The High-Conflict Couple* Everest

Media, 2022-03-26T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1

The central idea in this book is that highly aroused, negative emotion is the core problem for high-conflict couples. There are specific skills partners can learn to manage their emotions effectively, which in turn makes effective communication possible. #2 Emotions are complex processes that affect us and others. They are not things, but rather things we do that affect other things inside us and outside us. We don't have a good word for the process or the whole system in which we have emotions. #3 There are many components to our emotion system. Our attention, sensation and perception, and our awareness of what's going on around us all influence our emotions. How we label our emotions and how we express them affects the course of those emotions. #4 When we are dysregulated, we are not in control of our emotions. When we are out of control, we are not thinking or acting in a clear manner. We are no longer focused on our longer-term goals but are instead focused on the immediate goal of reducing this negative tension or arousal.

The Good Divorce Arthur Leonoff, 2018-03-21 Divorce is a complicated process and not a single event. It has major life implications and must be done right. In this regard, the good divorce is an ethical divorce. *The Good Divorce* does not follow the pattern of the ubiquitous self-help genre - over simplified and formulaic. Nevertheless, it is designed to be helpful by providing an in-depth exploration of the separation process, post-divorce adjustment, telling the children, caring for children from infants to teens, decision-making models, pathologies of divorce and, finally, hope and recovery through creating an important space for discovery. The author is a clinician and the book is written from the well of experience, scholarship and study that professional practice provides. Yet, it is not written academically and is intended for a general as well as professional audience. The reader will find the helpful inclusion of clinical examples and ample opportunities for reflection and deeper thinking into the many issues that arise in divorce for individuals and families.

Physical Violence in American Families, 1976 Murray Arnold Straus, Richard J. Gelles,

Working with High-Conflict Families of Divorce Mitchell A. Baris, 2001-03 This practical handbook defines the dynamics

of high conflict, explains its impact on children, identifies the specific role of the professional, and offers specific techniques that have proven helpful.

Tandem Couples Counseling Justin E. Levitov, Kevin A. Fall, 2020-12-28 This book introduces the protocol known as Tandem Couples Counseling (TCC), a ground-breaking model that provides sound theoretical explanations and interventions that address the inherent difficulties in traditional forms of couples counseling. Tandem Couples Counseling: An Innovative Approach to Working with High Conflict Couples synthesizes the research literature from the fields of couples counseling and group work into a compelling therapeutic approach. Extensive case examples illuminate the dynamics and skills of the approach. Assessment processes and rich descriptions of the treatment protocols are included, enabling integration, and understanding of how to implement this approach with clients as well as immediately work to improve the connection in existing co-therapy arrangements. The text is an essential guide for counseling professionals on how to build, maintain, and use the co-therapy relationship as an agent of change for high-conflict couples.

Help for High-Conflict Couples Jennine Estes Powell, Jacqueline Wielick, 2024-01-02 Based in the revolutionary science of attachment theory and evidence-based emotionally focused therapy (EFT), this book offers an effective, research-based road map for helping high-conflict couples break free from the painful and destructive habits that drive them apart. Readers will find strategies for creating an emotionally safe and secure environment, as well as tips for managing triggers, de-escalating arguments, and cultivating a lasting connection.

Does Parental Conflict Explain why Divorce is Negatively Associated with Child Welfare? Thomas L. Hanson, 1995

Help for High-Conflict Couples Jennine Estes Powell, 2024-03-05 Based in the revolutionary science of attachment theory and evidence-based emotionally focused therapy (EFT), this book offers an effective, research-based road map for helping high-conflict couples break free from the painful and destructive habits that drive them apart. Readers will find strategies for creating an emotionally safe and secure environment, as well as tips for managing triggers, de-escalating arguments, and cultivating a lasting connection.

Asian Journal of Women's Studies , 1999

The Best Interests of the Child , 2008

Premarital Relationships Joan Druckman, 1979

The Journal of Applied Social Sciences , 1994

Battered Women and the Law Clare Dalton, Elizabeth M. Schneider, 2001 This book takes as its operating premise that violence against women is prevalent throughout the world, that intimate violence is an important aspect of the broader problem of violence against women, and that the legal system has a crucial part to play in combating all forms of violence against women.

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