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# Should We Go To Couples Therapy

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Behavioral Couples Therapy for Alcoholism and Drug Abuse  
Shall We Dance? The True Story of the Couple Who Taught The World to Dance  
Are We There Yet?: Marriage? a Perfect Journey for Imperfect Couples  
How We Love, Expanded Edition  
We're No Fun Anymore  
Couples' Therapy  
The Newly-Married Couple ... Translated by S. and E. Hjerleid  
Talk to Me Like I'm Someone You Love  
Mating in Captivity  
First Year of Marriage  
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Couples That Work  
Emotionally Focused Couple Therapy For Dummies  
Loving with the Brain in Mind: Neurobiology and Couple Therapy (Norton Series on Interpersonal Neurobiology)  
The Seven Principles for Making Marriage Work  
The New Rules of Marriage  
The Relationship Alphabet  
Counsel for Couples  
The Five Love Languages  
Hold Me Tight  
Assessment in Couple Therapy  
Should We Stay or Should We Go  
Eight Dates  
The Heart of Couple Therapy  
Marriage by Design  
Wired for Love  
What Makes Love Last?  
Positive Couple Therapy  
Happiness in Marriage  
The All-or-Nothing Marriage  
Getting the Love You Want  
Exceptional Relationships  
239 Questions to Ask Before Marriage

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## CULLEN CESAR

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### **Behavioral Couples Therapy for Alcoholism and Drug Abuse** HarperCollins

President of the Helping Hand Club of Chicago's Christian Fellowship Church, Meesha Morrison proposes starting a couple's therapy ministry. Her husband's been so busy climbing the corporate ladder, he hardly ever spends time with his family, and Meesha believes this could be just the thing that can save their marriage. Eventually, four couples take a leap of faith and sign up, and soon begin sharing the issues putting the most strain on their relationships, including grown children moving back home, an unplanned pregnancy and growing pains in a newly married interracial couple. Secrets and lies are exposed and dealt with in a powerful tale that heralds the importance of communication and the power of forgiveness.

### Shall We Dance? The True Story of the Couple Who Taught The World to Dance Outskirts Press

"What the heck is my partner thinking?" is a common refrain in romantic relationships, and with good reason. Every person is wired for love differently, with different habits, needs, and reactions to conflict. The good news is that most people's minds work in predictable ways and respond well to security, attachment, and rituals, making it possible to actually neurologically prime the brain for greater love and fewer conflicts. *Wired for Love* is a complete insider's guide to understanding a partner's brain and promoting love and trust within a romantic relationship. Readers learn ten scientific principles they can use to avoid triggering fear and panic in their partners, manage their partners' emotional reactions when they do become upset, and recognize when the brain's threat response is hindering their ability to act in a loving way. By learning to use simple gestures and words, readers can learn to put out emotional fires and help their partners feel more safe and secure. The no-fault view of conflict in this book encourages readers to move past a "warring brain" mentality and toward a more cooperative "loving brain" understanding of the relationship. Based in the sound science of

neurobiology, attachment theory, and emotion regulation research, this book is essential reading for couples and others interested in understanding the complex dynamics at work behind love and trust in intimate relationships.

### **Are We There Yet?: Marriage? a Perfect Journey for Imperfect Couples** Eight Dates

"One of the foremost relationship experts at work today applies the insights of science toward understanding the real meaning of trust between a couple. He decodes the "why" behind betrayal and shows how partners can avoid or recover from unfaithfulness and maintain a loving relationship. Dr. John Gottman, the country's pre-eminent researcher on marriage, is famous for his Love Lab at the University of Washington in Seattle where he deciphers the mysteries of human relationships through scientific research. His thirty-five years of exploration have earned him numerous major awards, including from the National Institute of Mental Health, the American Psychological Association, and the American Association for Marriage and Family Therapy. Now, Dr. Gottman offers surprising findings and advice on the characteristic that is at the heart of all relationships: Trust. Dr. Gottman has developed a formula that precisely calculates any couple's loyalty level. The results determine a relationship's likely future, including the potential for one or both partners to stray. *A Love You Can Trust* shows couples how to bolster their trust level and avoid what Dr. Gottman calls the "Roach Motel for Lovers." He describes how the outcome of—"sliding door moments," small pivotal points between a couple, can lead either to more emotional connection or to discontent. He suggests a new approach to handling adultery and reveals the varied and unexpected non-sexual ways that couples often betray each other. *A Love You Can Trust* guides couples through an empirically tested, trust-building program that will let them repair and maintain a long-term, intimate, and romantic relationship"--

**How We Love, Expanded Edition** Simon and Schuster  
Finding fulfillment in both love and work isn't easy--but it's possible. The majority of couples today are dual-career couples. As anyone who's part of such a relationship knows, this presents big challenges: trying to raise kids and achieve career goals while caring for and supporting your partner can seem impossible. Yet

most advice for dual-career couples fails, framing the challenges as a zero-sum game in which one partner's gain is the other's loss and solutions feel like sacrifices or unsatisfactory trade-offs. This book is different. In *Couples That Work*, INSEAD professor Jennifer Petriglieri rejects conventional, one-size-fits-all solutions and instead focuses on how dual-career couples can tackle and resolve the challenges they face throughout their lives--together. She identifies three key phases of exploration and personal growth in every couple's work-life journey, showing how partners must navigate these together to strengthen their bond. Each phase is crystallized with a question: How can we make this work? The first phase focuses on the logistics of combining two busy lives and often involves the demands of young children. What do we really want? In the second phase, couples learn to navigate their midlife crises in ways that allow each partner to continue to feel happy and fulfilled. Who are we now? With careers winding down and kids grown up, this last phase offers new freedoms--and uncertainties. Based on a five-year research project, the book includes interviews with couples from over thirty countries--from executives to entrepreneurs and from twentysomething newlyweds to dual-career grandparents. Filled with vivid real-life stories, keen insights, and engaging exercises, *Couples That Work* will help couples develop their own unique answers to that most pressing question: How can we successfully combine love and work?

### **We're No Fun Anymore** Zondervan

"The most crucial relationship advice book since *Men Are from Mars*."—Erin Meanley, *Glamour.com*  
A groundbreaking, interactive relationship tool that literally places in the hands of couples the power to transform chronically frustrating relationship dynamics. We've all been there. A conversation with a loved one escalates into conflict. Voices rise to a fever pitch and angry, accusative words fly through the air. At times like these, it seems impossible to find the magic words that will lead to healing. Enter *Talk to Me Like I'm Someone You Love*. A psychotherapist with decades of experience in counseling couples, Nancy Dreyfus hit upon the revolutionary practice outlined in this book during a couples-therapy session in which a wife's unrelenting criticism of her husband was causing him to become emotionally withdrawn. In

the midst of this, Dreyfus found herself scribbling on a scrap of paper, "Talk to me like I'm someone you love," and gestured to the husband that he should hold it up. He did and within seconds the familiar power differential between the two shifted, and a gentler, more genuine connection emerged. Dreyfus was startled, then intrigued, and then motivated to create a tool that could help others. This book features more than one hundred of Dreyfus's "flash cards for real life," written statements that express what we wish we could communicate to the person we love, but either can't find the right words or the right tone in which to say it. The statements include: • Taking responsibility: "I realize I'm overreacting. Can you give me a minute to get sane again?" • Apologizing: "I know I've really hurt you. What can I do to help you trust me again?" • Loving: "You are precious, and I get that I haven't been treating you like you are." A one-of-a-kind, practical relationship tool, *Talk to Me Like I'm Someone You Love* will help couples to stop arguing and begin healing.

#### *Couples' Therapy* Harmony

Do you feel overwhelmed and completely unprepared for marriage? Is your first year of marriage filled with conflicts, disappointments, misunderstandings, and frustrations? You are not alone. We know how you feel because we have been there too. We have experienced the same struggles most newlyweds encounter. In this book, we share our struggles and how we overcame adversity to build the great marriage we have today. If you are a newlywed, just got engaged, looking to remarry or improve your marriage, this book is for you. It's an indispensable guide for building a strong foundation and adjusting to married life. We wrote this book for all couples irrespective of sexual orientation or spiritual beliefs. In this *First Year of Marriage* book, you will learn: 1. How to transform your mindset from I into We. 2. Our simple and proven communication strategies that have helped many couples to communicate better. 3. The glue that holds your marriage together. 4. How to connect and grow together as a couple. 5. How to be independent and interdependent without losing your identity. 6. And much more! You can have the great marriage you both desire. Imagine how amazing your marriage could be if you take the time to build a strong foundation for it. This book will help you build a resilient foundation for your marriage. It will provide you with the tools you need to nourish and grow your marriage to its fullest potential.

Get your copy of this guide for newlyweds today.

#### *The Newly-Married Couple ... Translated by S. and E. Hjerleid* Macmillan

Did you know the last fight you had with your spouse began long before you even met? Are you tired of falling into frustrating relational patterns in your marriage? Do you and your spouse fight about the same things again and again? Relationship experts Milan and Kay Yerkovich explain why the ways you and your spouse relate to each other go back to before you even met. Drawing on the powerful tool of attachment theory, Milan and Kay explore how your childhood created an "intimacy imprint" that affects your marriage today. Their stories and practical ideas help you: \* identify your personal love style \* understand how your early life impacts you and your spouse \* break free from painful patterns that keep you stuck \* find healing for the source of conflict, not just the symptoms \* create the close, nourishing relationship you dream about Revised throughout with all-new material and additional visual diagrams, this expanded edition of *How We Love* will bring vibrant life to your marriage. Are you ready for a new journey of love? Note: The revised and expanded *How We Love Workbook* is available separately.

#### *Talk to Me Like I'm Someone You Love* Routledge

Grounded in a deep understanding of what makes intimate relationships succeed, this book provides concrete guidelines for addressing the complexities of real-world clinical practice with couples. Leading couple therapist Ellen Wachtel describes the principles of therapeutic intervention that motivate couples to alter entrenched patterns, build on strengths, and navigate the ?legacy? issues that each person brings to the relationship. She illuminates the often unrecognized choices that therapists face throughout the session and deftly explicates their implications. The epilogue by Paul Wachtel situates the author's pragmatic approach in the broader context of contemporary psychotherapy theory and research.

#### *Mating in Captivity* iUniverse

One of the world's most respected voices on erotic intelligence, Esther Perel offers a bold, provocative new take on intimacy and sex. *Mating in Captivity* invites us to explore the paradoxical union of domesticity and sexual desire, and explains what it takes to bring lust home. Drawing on more than twenty years of experience as a couples therapist, Perel examines the

complexities of sustaining desire. Through case studies and lively discussion, Perel demonstrates how more exciting, playful, and even poetic sex is possible in long-term relationships. Wise, witty, and as revelatory as it is straightforward, *Mating in Captivity* is a sensational book that will transform the way you live and love.

#### *First Year of Marriage* W. W. Norton & Company

"This innovative text offers a simple but comprehensive framework for couple assessment that integrates research and information on couples from a wide range of models. Using the 7 Cs as a basis for guiding assessment, chapters move through key areas of couple functioning including communication, conflict resolution, culture, commitment, caring and sex, contract, and character. An additional chapter on children also offers insights into assessment of couples who parent. Offering a broad and accessible framework that can be applied to a variety of theoretical perspectives, the book highlights how the 7 Cs can be used to inform both assessment and treatment of couples.

Numerous case examples are interwoven throughout the text to demonstrate how therapists may utilize this approach to work with a diverse client base. Written in an accessible style, *Assessment in Couple Therapy* is an essential tool for students of marriage and family therapy and beginning therapists, as well as seasoned mental health professionals working with couples in a range of settings"--

#### *Enhancing Couples* Little, Brown Spark

*Positive Couple Therapy: Using We-Stories to Enhance Resilience* is a significant step forward in the couple literature. Utilizing a strengths-based approach, it teaches therapists and couples a unique method for uncovering positive potential within a relationship. The authors demonstrate how "We stories"--created, recovered and made anew--provide essential elements of connection. With vivid imagery, these stories capture the couple's sense of "We-ness," highlighting memorable moments of compassion, acceptance, and respect. A shared commitment to the "We" simultaneously builds the relationship and enables each individual in the partnership to feel a greater degree of both accountability and autonomy. Couples that can find their stories, share them with each other, and then carry them forward to family, friends, and a larger community are likely to preserve a sense of mutuality that will thrive over a lifetime of partnership. *Positive Couple Therapy* provides simple and practical instruction

for reclaiming positive stories that can catalyze hope in relationships that have become stressed and strained. The authors weave together cutting edge thinking and research in attachment theory, narrative therapy, neuroscience, and adult development, as well as their own research and clinical experience to present vivid case histories, step-by-step strategies, exercises, questionnaires, and interview techniques. They cover a range of contemporary couple experiences: couples in conflict, LGBT partnerships, deployed and discharged military couples, and couples at various points across the life span. The authors' unique Me (to US) Scale, a 10-item tool that assesses the degree of mutuality a couple possesses at the start of treatment, gives therapists of any theoretical orientation the ability to put this intervention to immediate use.

**Making Adult Stepfamilies Work** Simon and Schuster  
In his extraordinary new book, Terrence Real, distinguished therapist and bestselling author, presents a long overdue message that women need to hear: You aren't crazy—you're right! Women have changed in the last twenty-five years—they have become powerful, independent, self-confident, and happy. Yet many men remain irresponsible and emotionally detached. They don't know how to respond to frustrated partners who just want their mates to show up and grow up. Enter the good news: In this revolutionary book, Real shows women how to master the new rules of twenty-first-century marriage by offering them a set of effective tools with which they can create the truly intimate relationship that they desire and deserve. He identifies five non-starters to avoid and shares practical strategies for bringing honesty, passion, and joy back to even the most difficult relationship. Using his experience helping thousands of couples shift from despair to profound emotional closeness, Real guides you through the process of relationship repair with exercises that you can do alone or with your partner. With this program you'll discover how to - identify and articulate your wants and needs - listen well and respond generously - set limits, and stand up for yourself - embrace and appreciate what you have - know when to seek outside help The New Rules of Marriage will introduce you to a radically new kind of relationship, one based on the idea that every woman has the power to transform her marriage, while men, given the right support, have it in them to rise to the occasion. We have never wanted so much from our relationships

as we do today. More than any other generation, we yearn for our mates to be lifelong friends and lovers. The New Rules of Marriage shows us how to fulfill this courageous and uncompromising new vision.

*The Divorce Remedy* Harvard Business Press

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.

**Before You Say I Do** WaterBrook

A practical, down-to-earth guide to using the world's most successful approach to couple therapy One of the most successful therapeutic approaches to healing dysfunctional relationships, emotionally focused couple therapy provides clients with powerful insights into how and why they may be suppressing their emotions and teaches them practical ways to deal with those feelings more constructively for improved relationships. Unlike cognitive-behavioural therapy, which provides effective short-term coping skills, emotionally focused therapy often is prescribed as a second-stage treatment for couples with lingering emotional difficulties. Emotionally Focused Couple Therapy For Dummies introduces readers to this ground-breaking therapy, offering simple, proven strategies and tools for dealing with problems with bonding, attachment and emotions, the universal cornerstones of healthy relationships. An indispensable resource for readers who would like to manage their relationship problems independently through home study Delivers powerful techniques for dealing with unpleasant emotions, rather than repressing them and for responding constructively to complex relationship issues The perfect introduction to EFT basics for therapists considering expanding their practices to include emotionally focused therapy methods Packed with fascinating and instructive case studies and examples of EFT in action, from the authors' case files Provides valuable guidance on finding, selecting and working with the right EFT certified therapist

*1001 Things Happy Couples Know About Marriage* Guilford Publications

You aren't a licensed marriage and family therapist. You didn't do a doctoral dissertation on pastoral counseling. You're simply God's person caring for God's people in the local church. And the marriages in your church need help. Many pastors feel ill-

equipped to handle the challenges that arise when a couple is going through marital difficulties. They feel lost and inadequate. What do you say? What counsel do you offer? Should I say anything or just listen? Do I schedule a follow-up appointment? Do I ask questions? What questions? If you are or have been in this situation before, this book offers you a practical guide to get started with the first sessions and then offers specific guidance on nine of the most common topics that come up in marriage counseling. Author and pastor Jonathan Holmes offers a solid, biblical theology and methodology to help you navigate through the world of marriage counseling with the fundamental conviction that God's word is powerful enough to address the deepest of marital issues, and robust enough to handle whatever might come your way. In each chapter, you'll meet a new couple dealing with a different issue, much like the people in your church, office, and neighborhood. Through the book you'll also hear advice from several respected voices in the biblical counseling community. Whether you're a novice or already knowledgeable, Counsel for Couples provides theologically sound and biblically practical tools to help you as you help couples in need.

*A Vagabond Couple* Xlibris Corporation

In the 21st century, we tend to expect more than ever from our relationships without knowing how to sustain them. Often a married couple juggling the many demands of life, work and children take their bond for granted. They fail to cultivate and nurture the positive interactions they share, neglecting the fun, playful and sexy side of the relationship. Over time, this neglect creates an increasing spiral of dysfunction. *We're No Fun Anymore* reminds therapists and the couples they treat that marriage does not have to mean forfeiting the passion, playfulness and joy in a relationship. With 50 combined years of clinical experience backing it, the program outlined in this book will help to build up a relationship without first tearing it down, examining its weaknesses, or trying to fix its problems. Integrating findings from neuroscience, social psychology, positive psychology and marriage research, *We're No Fun Anymore* shows couple therapists how to create and magnify positive energy between their clients to refortify the foundation of their relationship and help it stand strong, even in times of strife and crisis. Readers will find a practical (and fun) plan to get their marriage out of the rut that's robbing it of fun, recapture the



pleasure of dating, romance, and love, and revive the playful quality of sex that makes it the pleasurable and enjoyable experience it's supposed to be. Clinicians will also get the bonus of increasing the fun that they have in their personal lives and in their clinical work with clients.

[Couples That Work](#) New Harbinger Publications

Most people get married with the assumption that marriage itself is a destination. But along the way, you discover that, as wonderful as marriage may be, it is more of a journey than it is a destination. Rather than being an island of unending bliss, it's more like a long road trip; the kind of road trip where you are excited for the destination, love the memories along the way...and sometimes get annoyed with aspects of the journey. In this practical book; a travel guide, of sorts; Paul and Chappell, Terrie candidly share biblical principles and personal, transparent illustrations that will equip you to go further as a couple. Whether you are a newlywed or have been married for decades, you will find in these pages truths to help you clarify your destination, communicate your needs, grow as a couple, and even shed some luggage along the way. No couple has "arrived." But every Christian couple can enjoy marriage as the incredible journey God intended it to be.

**Emotionally Focused Couple Therapy For Dummies** Harper Collins

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!

**Loving with the Brain in Mind: Neurobiology and Couple Therapy (Norton Series on Interpersonal Neurobiology)**

Macmillan

"MARRIAGE BY DESIGN" is the 2015 FIRST PLACE, GOLD MEDAL WINNER (Christian-Living Category) in the Readers' Favorite International Literary Awards Contest! "THANK YOU, THANK YOU, THANK YOU! You have written a wonderful guide by which couples, should they choose to apply the principles...offered through this book, will dramatically increase their ability to experience 'a little bit of heaven on earth' in their marriage." —Pastor Fred R. Rodriguez, Lead Pastor Executive Presbyter SoCal/Ag... "I found myself reading the situations discussed in this book, and having the words jump out at me remembering couples and families I have counseled through these very issues. How I

wish I had this guide at that time. This book is a tremendous resource that should be present on every counselor, pastor, and ministry leader's shelves." —Sheila L. Harper, SaveOne Founder and President... Marriage by Design serves as a healing salve to wounded marriages—as well as a warning to those beginning their matrimonial journey, and couples anywhere in the spectrum—offering hope and encouragement to those who want to revitalize, refine, or completely restore their relationships. Marriage by Design is loaded with practical tools and exercises designed to shed light on unhealthy modes of behavior and their motivations; it also challenges some of the beliefs we carry from childhood that can impact our current relationships. Marriage by Design begins by establishing God's foundation in marriage and moving through a systematic building process, enabling couples to apply scriptural-based techniques and concepts to their own marriages. If you're looking to change a relationship based on inconsistent emotions and experience the freedom produced by intentional living—to move your marriage from stuck to stupendous—Marriage by Design is the tool you've been missing!~~ IDEAL GIFT FOR NEWLYWEDS...A WONDERFUL ENHANCEMENT FOR SEASONED COUPLES...A BEAUTIFUL WEDDING GIFT...A GREAT WAY TO SHOW FRIENDS AND COUPLES THAT YOU LOVE THEM!

*The Seven Principles for Making Marriage Work* Workman Publishing

Counsel for Couples is an indispensable guide for pastors or lay counselors who lack formal marriage and family counseling training and feel ill-equipped and under-prepared to handle the messy world of navigating marital troubles with others. It offers specific guidance on ten of the most common topics that come up in marriage counseling.

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