



Enhanced Cognitive- Behavioral Therapy for Couples: A Contextual Approach

Norman B. Epstein, Donald H. Baucom

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This text expands the boundaries of cognitive behavioural therapy with a framework that goes beyond partner's moment-to-moment interactions and takes into account the personal characteristics of the two individuals, their dyadic interactions and influences of the couple's interpersonal and physical environment. The authors also focus on ways to intervene when the couple struggles with developmental changes experienced by either partner or the couple, such as new challenges when children move into adolescence. They provide an integration of theory, research and practical suggestions that should be appealing to students, scholars and practitioners.

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