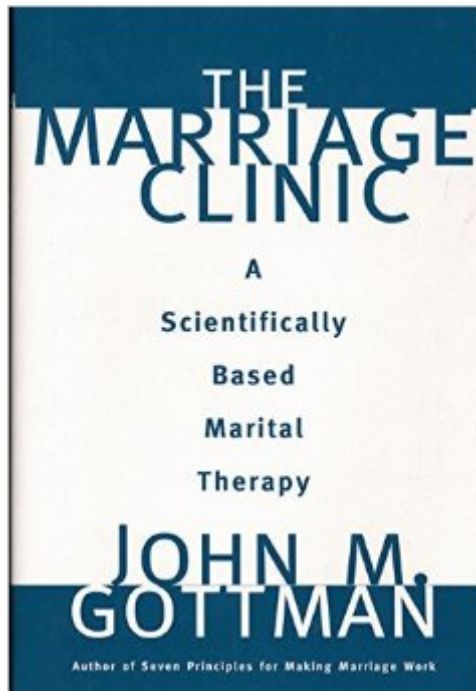


The book was found

The Marriage Clinic: A Scientifically Based Marital Therapy (Norton Professional Books (Hardcover))



Synopsis

The Marriage Clinic presents a complete marital therapy program based on John Gottman's much heralded research on marital success and failure. Here one will find not only a wide range of succinct and useful assessment procedures, but also a highly specific, research-based, and modularized treatment program. In addition, there are dozens of questionnaires and interview protocols to be used in both assessment and intervention. In prospective, long-term research with over 700 couples, Gottman has discovered certain factors that distinguish happy, stable couples from both unstable, ultimately divorcing couples and stable but unhappy couples. These findings, which are explained here in understandable, nontechnical language, form the basis of his Sound Marital House theory of marriage, which guides the new therapy. This therapy has two goals: changing the marital friendship and teaching couples to regulate conflict. Despite the high aims of much marital therapy, Gottman found that most marital conflicts involve fundamentally unresolvable relationship issues called "perpetual problems." He shows how therapists can help spouses move from gridlock to dialogue on these issues. Solvable problems can be resolved more easily when the couple has a strong marital friendship. He gives therapists the tools to teach spouses five fundamental skills to develop and strengthen their friendship: softened start-up, accepting influence, repair and de-escalation, compromise, and physiological soothing. Gottman compares his clinic to a restaurant, where clients are offered a menu of treatment formats, from psychoeducation for specific issues to extended therapy to repair a badly damaged marital friendship. Therapists, too, can choose among the questionnaires and strategies for those that fit the needs of particular couples. Whatever their choice, they will find that their practice is greatly enriched by the scientifically-based offerings of The Marriage Clinic.

Book Information

Series: Norton Professional Books (Hardcover)

Hardcover: 480 pages

Publisher: W. W. Norton & Company; 1 edition (August 17, 1999)

Language: English

ISBN-10: 0393702820

ISBN-13: 978-0393702828

Product Dimensions: 6.6 x 1.8 x 9.6 inches

Shipping Weight: 2 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (38 customer reviews)

Best Sellers Rank: #116,935 in Books (See Top 100 in Books) #116 in Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior #204 in Books > Politics & Social Sciences > Sociology > Marriage & Family #253 in Books > Textbooks > Social Sciences > Psychology > Psychopathology

Customer Reviews

At last there is an answer to the question I've been asking since beginning my studies in psychology--"Isn't there anything ELSE?" There are many schools of thought that reign in fiefdoms of psychology, including systems theory, behaviorism, Imago, and psychodynamic to name a few. Each is dogmatic, and when tested across research studies, all can benefit patients (despite zealous claims to the contrary by the priesthoods in each camp). However, until I read *The Marriage Clinic*, I was not aware that our field has shown such poor results in the area of marital therapy. While individual psychotherapy tends to work, Gottman sites research to show that marital therapy does not create lasting change. This is serious. Our current state of the art in marital and family therapy tends to include unsatisfying, unnatural, and even ridiculous, techniques for clinicians to use with people facing the problem of how to improve their marriage. Thank goodness for people like Gottman, who actually collect data to inform decisions, and use common sense and humanity to understand and apply those findings. I see Gottman as our field's greatest living visionary, whose research and relationship building techniques will hopefully spread to parent-child relationships and IO psychology as well. As to this book specifically, don't get it unless you are a clinician. If you are looking to help your own marriage, I suggest *The Seven Principles of Making Marriage Work*, which is very user friendly. *The Marriage Clinic* is quite technical in parts, and can be dense, however it is a very fun read. Gottman's personality and humor come through loud and clear. I found myself laughing out loud at times.

[Download to continue reading...](#)

The Marriage Clinic: A Scientifically Based Marital Therapy (Norton Professional Books (Hardcover)) *Marriage: How To Rescue Your Marriage: Proven Advice To Help Overcome Conflicts And Save Your Marriage Forever* (Marriage Help, Marriage Advice, Overcome Conflicts, Marriage Book) *Theory-Based Treatment Planning for Marriage and Family Therapists: Integrating Theory and Practice* (Marital, Couple, & Family Counseling) *Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books)* *The Trauma Treatment Handbook: Protocols Across the Spectrum* (Norton Professional Books (Hardcover)) *The Cleveland Clinic Guide to Menopause* (Cleveland Clinic Guides) *Mayo Clinic Gastrointestinal Imaging Review*

(Mayo Clinic Scientific Press) Mayo Clinic Gastroenterology and Hepatology Board Review (Mayo Clinic Scientific Press) Family Therapy Basics (Marital, Couple, & Family Counseling) Marriage: How To Save And Rebuild Your Connection, Trust, Communication And Intimacy (FREE Bonus Included) (Marriage Help, Save Your Marriage, Communication Skills, Marriage Advice) Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) Sweary Mandalas: Midnight Edition: Funny Coloring Books Best Sellers Coloring Books For Adults Relaxation & Adult Coloring Books Stress Relieving ... Coloring Book & Color Therapy & Art Therapy) Prevent and Reverse Heart Disease: The Revolutionary, Scientifically Proven, Nutrition-Based Cure The Diabetes Breakthrough: Based on a Scientifically Proven Plan to Reverse Diabetes through Weight Loss The Adolescent in Family Therapy, Second Edition: Harnessing the Power of Relationships (Guilford Family Therapy (Hardcover)) Bastardy and Its Comparative History: Studies in the History of Illegitimacy and Marital Nonconformism (Studies in social and demographic history) Pride and Prejudice and Marital Toys: An Erotic Variation Jokes For Kids - Joke Books : Funny Books : Kids Books : Books for kids age 9 12 : Best Jokes 2016 (kids books, jokes for kids, books for kids 9-12, ... funny jokes, funny jokes for kids) (Volume 1) The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] Arthur Agatston MD (Author) Joseph Signorile PhD (Author)The South Beach Diet Supercharged Faster Weight Loss and Better Health for Life [2008 Hardcover] CPT 2016 Professional Edition (Current Procedural Terminology, Professional Ed. (Spiral)) (Current Procedural Terminology (CPT) Professional)

[Dmca](#)