



# Foundations of Couples, Marriage, and Family Counseling

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**A comprehensive and practical approach to the world of marriage, couples, and family counseling**

Esteemed academics David Capuzzi and Mark D. Stauffer present the theory, research, and real-life practice of today's counselors and therapists in family therapy settings. Aligned with the Council for Accreditation of Counseling and Related Educational Programs (CACREP) and Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE), this useful text covers foundational teaching important to readers, but also critical modern topics not included in other texts, such as sexuality, trauma, divorce, domestic violence, and addictions, filial play therapy, and using community genograms to position culture and context in family therapy.

With a unique focus on practical applications, the book discusses the major family therapy theories, and provides graduate students and post-graduate learners in counseling, mental health, and behavioral health fields the skills and techniques they need to help couples and families as part of their work in a variety of helping environments. Each chapter contains case studies and anecdotes that help readers think critically about the issues they are likely to deal with as clinicians.

Written by recognized and respected contributors, this book helps readers see the connection between what they know and what happens in couples and family counseling sessions. Readers will:

- Learn the knowledge and skills essential to family therapy
- Understand the history, concepts, and techniques associated with major theories
- Examine the key issues specific to couples work, with relevant intervention
- Explore solutions to the complexities generated by special issues
- Discusses the modern realities of family, diversity and culture, and systemic contexts

Family and couples counseling presents a complex interplay of various factors inherent to each individual, the dynamic interplay between each person's issues, and the outside influences that shape behavior.

*Foundations of Couples, Marriage, and Family Counseling* helps readers sort out the complexity and guide clients toward lasting resolution.

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