

Contents

Acknowledgments	ix
1 Rationale for a Cognitive-Behavioral Approach to Relationship Distress	1
2 Session 1: Assessment	53
3 Session 2: Behavior Exchange Techniques	105
4 Session 3: Enhancing Communication: Basic Communication Skills	135
5 Session 4: Enhancing Communication: Advanced Communication Skills	157
6 Session 5: Problem-Solving	199
7 Session 6: Marital Cognitions: Automatic Thoughts and Cognitive Distortions	227
8 Session 7: Marital Cognitions: Testing and Challenging Thoughts and Beliefs	257
9 Session 8: Addressing Marital Anger	285

10	Post-Treatment Session: Continuing Treatment after Termination: Relapse Prevention	313
	Appendices	327
	I Efficacy Studies	329
	II Supplemental Readings on Special Topics in Couples Therapy	335
	III Rationale for Brief Couples Treatment and Future Directions of Cognitive Behavioral Couples Therapy	341
	References	351
	Index	363