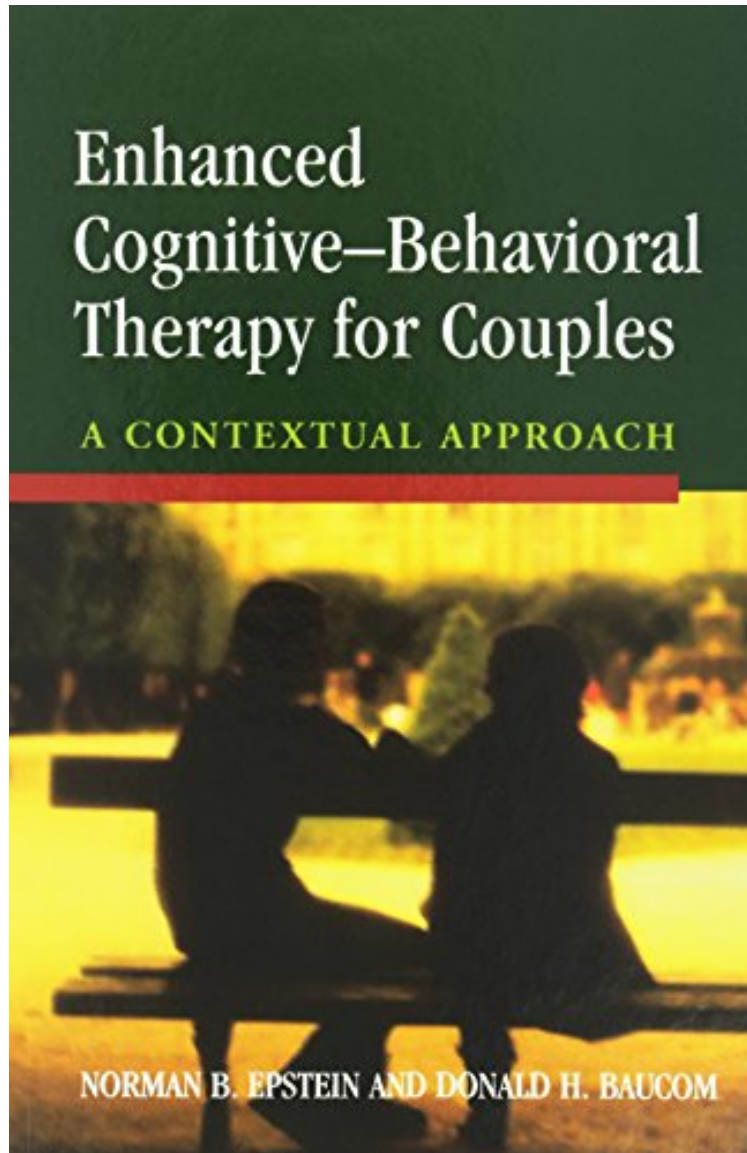


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## Enhanced Cognitive- Behavioral Therapy for Couples: A Contextual Approach

*Norman B Epstein, Donald H Baucom PhD*  
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staunch cognitive behavioral therapist and before this book found it difficult to integrate my CBT techniques into marital counseling. However, the techniques in this book made it much easier to do so. Not easy, but much easier and provided a framework for conceptualizing cases, at least for me. I actually need to read the book again, because it has been a while. 3 of 4 people found the following review helpful. A great mixture of examples and research

By Hege Riise  
This is one of the better textbooks I have read in a while. The authors provide many relevant examples to illustrate techniques and theory. In addition, there is a fair amount of research presented, lending support to their theories. The book is set up as an illustration of one type of therapeutic approach to couples and marital therapy. It is also fairly easy reading. However, there are topics not explicitly discussed in the textbook, so supplementary materials are helpful for a better understanding and use of the therapy approach. 6 of 8 people found the following review helpful. Great Resource

By Jenny W.  
Well, I had to buy this book for a class taught by one of the authors...the book looks pretty intimidating when you first get it, but it's really been helpful for me as a therapist dealing with couples and their issues. Plus, Dr. Epstein is one of the best in the field at couple's work, so I think it's helpful to learn from him!

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.