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Positive Couple Therapy: Using We-Stories to Enhance Resilience

By Jefferson A. Singer, Karen Skerrett

Taylor Francis Ltd, United Kingdom, 2014. Paperback. Book Condition: New. 226 x 155 mm. Language: English . Brand New Book. Positive Couple Therapy: Using We-Stories to Enhance Resilience is a significant step forward in the couple literature. Utilizing a strengths-based approach, it teaches therapists and couples a unique method for uncovering positive potential within a relationship. The authors demonstrate how We stories -created, recovered and made anew-provide essential elements of connection. With vivid imagery, these stories capture the couple's sense of We-ness, highlighting memorable moments of compassion, acceptance, and respect. A shared commitment to the We simultaneously builds the relationship and enables each individual in the partnership to feel a greater degree of both accountability and autonomy. Couples that can find their stories, share them with each other, and then carry them forward to family, friends, and a larger community are likely to preserve a sense of mutuality that will thrive over a lifetime of partnership. Positive Couple Therapy provides simple and practical instruction for reclaiming positive stories that can catalyze hope in relationships that have become stressed and strained. The authors weave together cutting edge thinking and research in attachment theory, narrative therapy, neuroscience, and adult development, as...



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