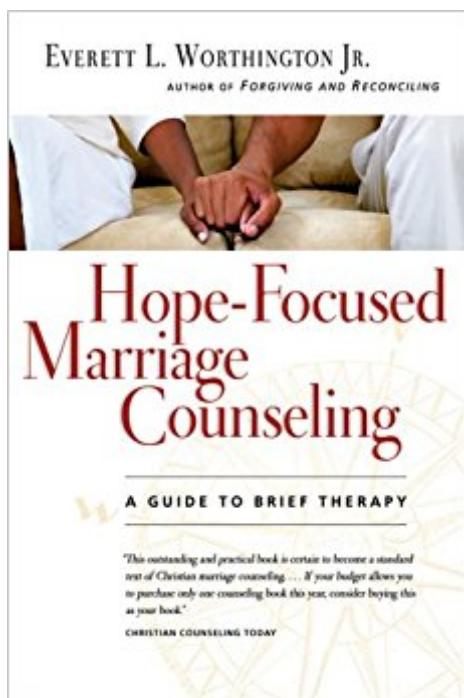


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# Hope-Focused Marriage Counseling: A Guide To Brief Therapy



## **Synopsis**

Everett L. Worthington, Jr. offers a comprehensive manual for assisting couples over common rough spots and through serious problems in a manner that is compassionate, effective and brief. His hope-focused (rather than problem-focused) approach enables couples to see that change is possible and gives them a new outlook on the future. Combining this with a brief approach that addresses the realities of managed care and tight budgets, Worthington shows how to be strategic in each counseling situation by including teaching, training, exercises, forgiveness, modeling and motivation. At the heart of the book are dozens of interventions and exercises, including drawing on central valuespromoting confession and forgivenessstrengthening communicationaiding conflict resolutionchanging patterns of thinkingdeveloping intimacycementing commitment Backed by years of experience and substantial research, hope-focused marriage counseling offers hope to counselors that they can provide help to troubled couples quickly, compassionately and effectively. This paperback edition includes a new introduction, summarizing the latest findings and developments in marital counseling and applying hope-focused marriage counseling to today's cultural and clinical realities.

## **Book Information**

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## **Customer Reviews**

"This outstanding and practical book is certain to become a standard text of Christian marriage counseling. . . . If your budget allows you to purchase only one counseling book this year, consider buying this as your book." (Gary R. Collins, Christian Counseling Today)"Written most helpfully for

pastors who want to adapt a professional model of marital counseling to their pastoral marital counseling . . . very specific and practical." (Journal of Psychology & Christianity)"Worthington's work is a rock solid strategy for helping couples progress through crisis, while equipping them with skills to effectively manage future conflict." (Ashland Theological Journal)

Everett L. Worthington Jr. (Ph.D., University of Missouri) is professor of psychology at Virginia Commonwealth University. He is a licensed clinical psychologist and former executive director of the Templeton Foundation's A Campaign for Forgiveness Research. Worthington has studied forgiveness since the 1980s and has published more than two hundred articles and papers on forgiveness, marriage and family, psychotherapy and virtue in a wide variety of journals and magazines. He was the founding editor of *Marriage and Family: A Christian Journal* and sits on the editorial boards of several professional journals. He has appeared on Good Morning America, CNN and The 700 Club and been featured in award-winning documentary movies on forgiveness such as *The Power of Forgiveness* and *The Big Question*. He is the author of seventeen books including *Handbook of Forgiveness*, *Hope-Focused Marriage Counseling* and *Forgiving and Reconciling*.

This is a terrific book! Great book discussing the ins and outs of marriage counseling. Discusses counseling techniques and practical tools to use as a counselor. Also great to learn effective communication skills to boost your own relationship. Personally I highly recommend this book. This book can also be used in coordination with *Family Therapy Basics (Marital, Couple, & Family Counseling)*

This is an excellent book. Once I read and studied it, I realized it was an excellent resource for helpers, counselors, and therapists. I ordered several copies of it to share with others who would benefit from it in their professional fields. I highly recommend it as it is practical and offers much wisdom for those who work with couples to strengthen their marriages and relationships.

I have utilized this book in my couples counseling work and have seen excellent results!!! I love the homework assignments that are included in the text...very useful.

I really enjoyed the practical methods and advice in this book. Most textbooks I get rid of the day after the class ends but this one might just be a keeper!

Further resources to support the book materials now at [...] There's video of Dr. Worthington speaking, demonstrations of counseling, tip sheets for common problems, free assessments, templates for feedback reports and information on certification.

If you are or working on becoming a counselor this book is a must have. Dr. Worthington gives great insight on helping couples work through troubled times within their marriages.

great book, highly recommend for marriage counselors.

I did an independent study with Dr. Worthington - he's great!

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