

Cognitive-Behavioral Marital Therapy

NORMAN EPSTEIN AND DONALD H. BAUCOM

Cognitive-behavioral therapies were developed primarily as approaches to understanding and treating problems of individuals, such as depression (Beck, 1976; Beck, Rush, Shaw, & Emery, 1979), impulsive behavior (Meichenbaum, 1977; Watkins, 1977), anxiety (Beck, Emery, & Greenberg, 1985), anger (Novaco, 1975), and unassertiveness (Lange & Jakubowski, 1976). However, cognitive-behavioral principles and procedures increasingly have been extended to the treatment of problems in intimate interpersonal relationships, with a focus on modifying repetitive dysfunctional patterns of marital and family interactions.

There appear to be two major reasons for the current trend toward cognitive-behavioral intervention with relationship problems. First, when individuals seek therapy for the individually oriented problems typically treated with cognitive-behavioral therapies (e.g., depression, agoraphobia), the problems they present commonly include difficulties in their marital and family relationships. For example, research has indicated that depression and marital distress are positively correlated, that critical and overinvolved behavior by nondepressed spouses is associated with relapse of their depressed partners' symptoms, and that the presence of a supportive spouse tends to prevent relapse of depression (Birchler, 1986; Epstein, 1985a; Hooley, 1985; Weissman & Paykel, 1974). Similarly, marriages between agoraphobic individuals and their spouses tend to become increasingly hostile and distressed over time, and a mixture of protective and withdrawing behaviors by the partner commonly reinforces and heightens the phobic's anxiety (Friedman, 1987). Consequently, clinicians have sought ways of treating symptoms of individual psychopathology and aspects of marital and family problems concurrently. One recent approach has been to use cognitive and behavioral interventions based on a social learning paradigm (Bandura, 1977) to modify both the intra- and interpersonal problems (Arrow, Taylor, Agras, & Telch, 1985; Bedrosian, 1988; Birchler, 1986; Epstein, 1985a).

NORMAN EPSTEIN • Department of Family and Community Development, University of Maryland, College Park, Maryland 20742. DONALD H. BAUCOM • Department of Psychology, University of North Carolina at Chapel Hill, Chapel Hill, North Carolina 27514.

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Table of Contents Cognitive Behavioral Marital Therapy

1. Understanding the eBook Cognitive Behavioral Marital Therapy
 - The Rise of Digital Reading Cognitive Behavioral Marital Therapy
 - Advantages of eBooks Over Traditional Books
2. Identifying Cognitive Behavioral Marital Therapy
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Cognitive Behavioral Marital Therapy
 - User-Friendly Interface
4. Exploring eBook Recommendations from Cognitive Behavioral Marital Therapy
 - Personalized Recommendations
 - Cognitive Behavioral Marital Therapy User Reviews and Ratings
 - Cognitive Behavioral Marital Therapy and Bestseller Lists
5. Accessing Cognitive Behavioral Marital Therapy Free and Paid eBooks
 - Cognitive Behavioral Marital Therapy Public Domain eBooks
 - Cognitive Behavioral Marital Therapy eBook Subscription Services
 - Cognitive Behavioral Marital Therapy Budget-Friendly Options

6. Navigating Cognitive Behavioral Marital Therapy eBook Formats
 - ePub, PDF, MOBI, and More
 - Cognitive Behavioral Marital Therapy Compatibility with Devices
 - Cognitive Behavioral Marital Therapy Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Cognitive Behavioral Marital Therapy
 - Highlighting and Note-Taking Cognitive Behavioral Marital Therapy
 - Interactive Elements Cognitive Behavioral Marital Therapy
8. Staying Engaged with Cognitive Behavioral Marital Therapy
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Cognitive Behavioral Marital Therapy
9. Balancing eBooks and Physical Books Cognitive Behavioral Marital Therapy
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Cognitive Behavioral Marital Therapy
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Cognitive Behavioral Marital Therapy
 - Setting Reading Goals Cognitive Behavioral Marital Therapy
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Cognitive Behavioral Marital Therapy
 - Fact-Checking eBook Content of Cognitive Behavioral Marital Therapy
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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