

Alan S. Gurman (ed): Clinical Handbook of Couple Therapy, Fourth Edition

**Guilford Publications, New York, NY, 2008, 736 pp, \$85.00,
ISBN-10: 1593858213, ISBN-13: 978-1593858216**

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Published online: 9 October 2008
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Clinical Handbook of Couple Therapy presents an extensive overview of the theory and applied clinical practice of couple therapy. Based upon knowledgeable contributors in the field, this edited work by Alan S. Gurman provides a sound revised resource for the professional reader. As a leading authority on couple therapy, Gurman coordinates a text within his belief that “the field of couple therapy will benefit by fostering more evidence-based practice, without prematurely limiting the kinds of evidence that may help to inform responsible practice.”

An introductory chapter reviews briefly the history, models, and applications within a practical framework for comparative study of couple therapy. For example, there is a nice distinction made between the healthy/well-functioning and the pathological/dysfunctional couples/marriages, along with the issue of scientific research and practice of couple therapy. The rest of the book is divided into two parts. Part I is devoted to the major couple therapy models. Part II directs attention to the applications for particular populations and concerns.

Chapter Topics include Cognitive-Behavioral Couple Therapy, Integrative Behavioral Couple Therapy, Emotionally Focused Couple Therapy, Gottman Method Couple Therapy, Object Relations Couple Therapy, Transgenerational Couple Therapy, Narrative Couple Therapy, Solution-Focused Couple Therapy, Brief Strategic Couple Therapy, Structural Couple Therapy, Affective-Reconstructive Couple Therapy: A Pluralistic, Developmental Approach, Integrative Couple Therapy: A Depth Behavioral Approach, Couple Therapy and the Treatment of Affairs, Separation and Divorce Issues in Couples Therapy, Couple Therapy and Physical Aggression, Couple Therapy with Remarried Partners, Couple Therapy for Alcoholism and Drug Abuse, Couple Therapy and the Treatment of

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Depression, Couple Therapy and the Treatment of Borderline Personality and Related Disorders, Couple Therapy and the Treatment of Sexual Dysfunction, Couple Therapy and Medical Issues: Working with Couples Facing Illness, Gender Issues in the Practice of Couple Therapy, Gay and Lesbian Couples in Therapy: Minority Stress, Relational Ambiguity, and Families of Choice, African American Couples in Therapy, Legal and Ethical Issues in Couple Therapy.

Although not every clinical population and concern is covered, much valuable information, wisdom and professional insight is shared within the 736 pages. In terms of cultural diversity, other than the specially focused chapter on African-American couples, the reader may need to seek further resources for specific additional diverse and special populations, which are readily available for the clinician in the professional literature. In sum, the text provides a nice foundation reading for the clinician, instructor and researcher on specific topics of interest.