

References

- Attwood, T., & Aston, M. (2025). *Relationship Counselling with Autistic Neurodiverse Couples: A Guide for Professionals*. GB: Jessica Kingsley Publishers.
- Baucom, D., Belus, J., Adelman, C., Fischer, M., & Paprocki, C. (2014). Couple-based interventions for psychopathology: A renewed direction for the field. *Family Process*, 53(3), 445–461.
- Carstensen, L., Gottman, J., & Levenson, R.W., (1995). Emotional behavior in long-term marriage. *Psychology & Aging*, Vol. 10(1), 140-149.
- Chapman, G. (1992). *The five love languages: How to express heartfelt commitment to your mate*. USA: Northfield Publishing.
- Dandeneau, M. & Johnson, S. (1994). Facilitating Intimacy: Interventions and Effects. *Journal of Marital and Family Therapy*, 20(1), 17-33.
- Denton, W., Wittenborn, A., & Golden, R (2012). Augmenting antidepressant medication treatment of depressed women in emotionally focused therapy for couples: a randomized pilot study. *Journal of Marital and Family Therapy*, 38(1), 23-38.
- Dessaulles, A., Johnson, S., & Denton, W. (2003). Emotion Focused therapy for couples in the treatment of depression: a pilot study. *American Journal of family Therapy*, 31, 345-353.
- Doherty, W. (2002). How therapists harm marriages and what we can do about it. *Journal of Couple and Relationship Therapy*, 1, 1-17.
- Doherty, W (2015). Couple Sensitive Individual Therapy. <https://vimeo.com/141946139>,

Fruzetti, A. (2006). *High Conflict Couples: A dialectical behavioral guide to finding peace, intimacy and validation*. Oakland, California: New Harbinger Publications.

Gottman, J., & Gottman, J. (2017). *Treating Affairs and Trauma: A Gottman Approach for Therapists on the treatment of affairs and Post Traumatic Stress Disorder*. The Gottman institute.

Gottman, J., & Silver, N. (1994). *Why Marriages Succeed or Fail: What You Can Learn from the Breakthrough Research to Make Your Marriage Last*. New York: Simon & Schuster

Greenberg, L., & Johnson, S. (1988). *Emotionally focused therapy for couples*. NYC: Guilford Press.

Gurman, A., & Burton, M. (2014). Individual therapy for couple problems: perspectives and pitfalls. *Journal of Marital and Family Therapy*, 40 (4), pp 470-483.

Gurman, A., & Kniskern, D. (1986). Commentary: individual marital therapy – have reports of your death been somewhat exaggerated? *Family Process*, 25, pp. 51-62.

Gurman, A., & Kniskern, D. (Eds.). (1991). *Handbook of family therapy (Vol. II)*. New York: Brunner: Mazel.

Hendrix, H., & Hunt, H. (1988). *Getting the Love You Want: A Guide for Couples*. NYC: St. Martin's Griffin.

Irvine, T, Peluso, P., Benson, K., Cole, C., Cole, D., Gottman, J., & Schwartz Gottman, J. (2023). A Pilot Study Examining the Effectiveness of Gottman Method Couples Therapy Over Treatment-as-Usual Approaches for Treating Couples Dealing with Infidelity, *The Family Journal: Counseling and Therapy for Couples and Families* 1-14

Jacobson, N., Dobson, K., Fruzzetti, A., Schmaling, K., & Salusky, S. (1991). Marital therapy as a treatment for depression. *Journal of Consulting and Clinical Psychology*, 59, 547–557.

Jacobson, N., & Martin, B. (1976). Behavioral marriage therapy: Current status. *Psychological Bulletin*, 83, 540–556.

Johnson, S. (2002). *Emotionally focused couple therapy with trauma survivors: strengthening attachment bonds*. New York: The Guildford Press

Lampson, K. (2024). *Therapy for relationships with eating disorders: A clinician's guide to Gottman-RED Couple therapy*. NYC: W. W. Norton & Company.

Lebow J, Snyder DK. Couple therapy in the 2020s: Current status and emerging developments. *Fam Process*. 2022 Dec;61(4):1359-1385. doi: 10.1111/famp.12824. Epub 2022 Sep 29. PMID: 36175119; PMCID: PMC10087549.

MacIntosh, H., & Johnson, S. (2008). Emotionally focused therapy for couples and childhood sexual survivors. *Journal of Marital and Family Therapy*, 34, 298-315.

Monson, C., & Fredman, S. (2012). *Cognitive Behavioral Conjoint Therapy for PTSD*. New York: Guildford Publications.

Naaman, S., Radwan, K., & Johnson, S (2009) Coping with early breast cancer: couple adjustment processes and couple based intervention. *Psychiatry*, 74(4), 321-345.

Navarra, R., Gottman, J., & Gottman, J. (2017). *Couples and Addiction Recovery – A Gottman Approach for Therapists, Counselors and Addiction Professionals*. The Gottman Institute.

O'Farrell., T. & Fals-Stewart, W. (2006). Behavioral Couples Therapy for Alcoholism and Drug Abuse. New York: The Guildford Press.

Oliver, M., Perry, S. & ade, R (2008). Couples therapy with borderline personality disordered individuals. *The Family Journal: Counselling and Therapy for Couples and Families*, 1(1), 67-72.

Purnell-Webb, P. (2013). Emotionally focused couple therapy for couples and bipolar 1 disorder. Masters Dissertation submitted to Charles Sturt University for Master of Psychology (Clinical).

Robinson, E., Rodgers, B., & Butterworth, P. (2008). Family relationships and mental illness: Impacts and service responses. *Australian Family Relationships Clearinghouse*, 4, 1-19.

Rosoman, C. (2024). Repairing attachment injuries in close relationships: an emotionally focused guide to moving beyond betrayal. New York: Routledge.

Snyder, D., & Whisman, M. (2003). Treating Difficult Couples: Helping Clients with Coexisting Mental and Relationship Disorders. New York: The Guildford Press.

Yaliu, H. (2017). Providing Support for Individuals Experiencing Relationship Problems: Tips for Clinicians, Family Members, and Friends.

<https://www.newswise.com/articles/providing-support-for-individuals-experiencing-relationship-problems-tips-for-clinicians-family-members-and-friends>