

10 SIMPLE SOLUTIONS FOR COUPLES WHO FIGHT

KIM PALEG. PH.D & MATTHEW MCKAY, PH.D.,

Best-selling authors of When Anger Hurts and Couple Skills.

# **When Anger Hurts Your Relationship**

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#### When Anger Hurts Your Relationship:

When Anger Hurts Your Relationship Kim Paleg, Matthew McKay, 2001 Two psychologists offer couples a variety of tools and strategies to reduce conflict diffuse rage and move beyond repeated confrontations to regain a loving relationship

When Anger Hurts Matthew McKay, Peter D. Rogers, Judith McKay, 2003-11-01 This book is a complete step by step guide to changing habitual anger generating thoughts while developing healthier more effective ways of meeting needs It is ideal for therapists who work with families or teach anger control and helpful for health professionals who treat the effects of When Anger Hurts Your Kids Matthew McKay, Patrick Fanning, Kim Paleg, Danis Landis, 1997-07 type A personality When Anger Hurts Your Kids is the result of a two year study of 285 parets exploring when how and why parents get angry at their kids and the best way to handle anger When Depression Hurts Your Relationship Shannon Kolakowski, 2014-03-01 People with depression are at a greater risk of letting their emotions sabotage their relationships They may constantly worry that they aren t good enough for their partners They may also become irritable with their partners or push them away when they are feeling sad To make matters worse their sex life may suffer The truth is that feelings of isolation worthlessness and tiredness can all take a hefty toll on a romantic relationship But there is help Using an integrative approach When Depression Hurts Your Relationship offers practical skills to help readers with depression reignite intimacy with their partners The Complete Adult Psychotherapy Treatment Planner Arthur E. Jongsma, Jr., L. Mark Peterson, Timothy J. Bruce, 2021-04-22 The revised edition of the clinicians time saving Psychotherapy Treatment Planner Revised and updated the sixth edition of The Complete Adult Psychotherapy Treatment Planner offers clinicians a timesaving evidence based guide that helps to clarify simplify and accelerate the treatment planning process so they can spend less time on paperwork and more time with clients The authors provide all the elements necessary to quickly and easily develop formal customizable treatment plans that satisfy the demands of HMOs managed care companies third party payers and state and federal agencies This revised edition includes new client Short Term Objectives and clinician Therapeutic Interventions that are grounded in evidence based treatment wherever research data provides support to an intervention approach If no research support is available a best practice standard is provided This new edition also offers two new presenting problem chapters Loneliness and Opioid Use Disorder and the authors have updated the content throughout the book to improve clarity conciseness and accuracy This important book Offers a completely updated resource that helps clinicians quickly develop effective evidence based treatment plans Includes an easy to use format locating treatment plan components by Presenting Problem or DSM 5 diagnosis Contains over 3 000 prewritten treatment Symptoms Goals Objectives and Interventions to select from Presents evidence based treatment plan components for 45 behaviorally defined Presenting Problems Suggests homework exercises specifically created for each Presenting Problem Written for psychologists therapists counselors social workers addiction counselors psychiatrists and other mental health professionals The Complete Adult

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