



# **Marital Distress: Cognitive Behavioral Interventions for Couples (Clinical Application of Evidence-Based Psychotherapy)**

*Jill H. Rathus, William C. Sanderson*

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Outcome research has identified cognitive behavioral treatment strategies as efficacious in treating marital/couple distress. Walking the practitioner through the therapy, session by session, Drs. Rathus and Sanderson clearly illustrate clinical applications of key concepts of cognitive behavioral marital therapy, enhancing the book's utility with a variety of clinical tools, assessment measures, and vignettes.

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