

INTERVENTIONS:
MAKING INTIMATE RELATIONSHIPS BETTER
Interpersonal Relations

- I. How Couples Experience Distress
- II. Couples Therapy
 - A. Q16, Is Relationship Counseling Useful?
 - B. Cognitive-Behavioral Couples Therapy
 - C. Integrative Behavioral Couples Therapy
 - D. Emotionally-Focused Couples Therapy
- III. Can Therapies Work?
- IV. Seriously, What Should I Do? – read in Bradbury & Karney, pp. 535-537