



The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation

By Alan E. Fruzzetti

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You hear and read a lot about ways to improve your relationship. But if you've tried these without much success, you're not alone. Many highly reactive couples—pairs that are quick to argue, anger, and blame—need more than just the run-of-the-mill relationship advice to solve their problems in love. When destructive emotions are at the heart of problems in your relationship, no amount of effective communication or intimacy building will fix what ails it. If you're part of a "high-conflict" couple, you need to get control of your emotions first, to stop making things worse, and only then work on building a better relationship.

The High-Conflict Couple adapts the powerful techniques of dialectical behavior therapy (DBT) into skills you can use to tame out-of-control emotions that flare up in your relationship. Using mindfulness and distress tolerance techniques, you'll learn how to deescalate angry situations before they have a chance to explode into destructive fights. Other approaches will help you disclose your fears, longings, and other vulnerabilities to your partner and validate his or her experiences in return. You'll discover ways to manage problems with negotiation, not conflict, and to find true acceptance and closeness with the person you love the most.

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Editorial Review

Review

"This is a long awaited book! Fruzzetti is a master clinician who does rigorous science in order to provide those of us doing treatment and those in need of it something that works. This is hope for all of us working with individuals, couples and families who suffer. Thank you, Alan, for this timely and important work."

—Suzanne Witterholt, MD, distinguished fellow of the American Psychiatric Association and director of Ananda Services for Dialectical Behavior Therapy in the Department of Psychiatry at the University of Minnesota

"Fruzzetti is a leader in work with high-conflict couples and families. This much-awaited book provides an opportunity to learn his techniques and strategies, presented in his unique teaching style that is so effective. The book is a must for every DBT program as well as all those working within the field."

—Perry D. Hoffman, Ph.D., president of the National Education Alliance for Borderline Personality Disorder, New York

"A warm and professional guide following in the tradition of acceptance and compassion. A book on how to handle love and stay connected even in difficult circumstances. We have waited for it!"

—Anna Kåver, psychologist and author with Karolinska Hospital, Stockholm, Sweden

"*The High Conflict Couple* performs a major public service. Fruzzetti's approach starts with an important principle: that dysregulated emotions are the core difficulty for high-conflict couples. From this he provides step-by-step practical methods designed to enhance acceptance, intimacy, and communication based on the latest research regarding emotion regulation and his own vast experience in working with couples and families. In essence, this is an excellent book, useful for both clinicians and couples regardless of the severity of their difficulties."

—Thomas R. Lynch, Ph.D., associate professor in the Departments of Psychiatry and Psychology and Neuroscience and director of the Cognitive Behavior Research and Treatment Program at Duke University

From the Publisher

This is the first book to use dialectical behavior therapy (DBT) to help high-conflict couples regulate out-of-control emotions, tolerate distressing situations, and resolve problems—an approach proven to help even the most highly reactive couples build healthy relationships.

About the Author

Alan E. Fruzzetti, PhD, is associate professor of psychology and director of the Dialectical Behavior Therapy

and Research Program at the University of Nevada, Reno. He provides extensive training, supervision, and consultation for DBT treatment programs and DBT research in the United States and abroad. Fruzzetti is also research director and member of the board of directors of the National Educational Alliance for Borderline Personality Disorder and a codeveloper of the Family Connections Program. He has provided extensive DBT training in the United States, Europe, and Australia. He has authored or coauthored dozens of scholarly articles and book chapters on this and related topics.

Marsha M. Linehan, PhD, is developer of dialectical behavior therapy (DBT), and professor of psychology and director of the Behavioral Research and Therapy Clinics (BRTC) at the University of Washington in Seattle, WA. She is author of *Cognitive-Behavioral Treatment of Borderline Personality Disorder* and *Skills Training Manual for Treating Borderline Personality Disorder*.

Users Review

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Ilene Venne:

This *The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation* book is just not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is usually information inside this publication incredible fresh, you will get information which is getting deeper you actually read a lot of information you will get. This specific *The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation* without we understand teach the one who examining it become critical in pondering and analyzing. Don't be worry *The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation* can bring any time you are and not make your carrier space or bookshelves' turn out to be full because you can have it within your lovely laptop even cellphone. This *The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation* having fine arrangement in word and layout, so you will not experience uninterested in reading.

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People live in this new moment of lifestyle always aim to and must have the free time or they will get wide range of stress from both way of life and work. So , whenever we ask do people have free time, we will say absolutely yes. People is human not only a robot. Then we inquire again, what kind of activity have you got when the spare time coming to a person of course your answer will probably unlimited right. Then do you try this one, reading textbooks. It can be your alternative with spending your spare time, the book you have read is *The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation*.

Teresa Vanhook:

Is it an individual who having spare time after that spend it whole day by simply watching television

programs or just lying on the bed? Do you need something totally new? This The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation can be the answer, oh how comes? It's a book you know. You are so out of date, spending your spare time by reading in this fresh era is common not a nerd activity. So what these guides have than the others?

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