

# Couples

**E**XPLORING AND  
UNDERSTANDING  
THE CYCLES  
OF INTIMATE  
RELATIONSHIPS

Barry Dym, Ph.D., and  
Michael L. Glenn, M.D.

# Couples Exploring And Understanding The Cycles Of Intimate Relationships

**David Levinson**



## **Couples Exploring And Understanding The Cycles Of Intimate Relationships:**

*Understanding Marriage, Family, and Intimate Relationships* Jerry D. Lehman, 2005 This introductory textbook is for students who are interested in learning about and establishing healthy marriage family and intimate relationships With divorce rates high and relationships fragile books and courses are needed that help students address important issues regarding relationships The readers of this text examine many important and relevant issues through the lens of theory and research and do so using a written format that is readable understandable and easy to apply to one's life It was written so that each chapter has information that readers will find helpful as they attempt to establish and maintain meaningful healthy relationships There are questions throughout each chapter that help readers focus not only on the material but also on how the material relates to their present and past relationship and family situations The text provides material on the research of John Gottman the object relations theory of Harville Hendrix the solution focused approach of Michele Weiner Davis and the PREP approach to conflict management of Markman Stanley and Blumberg These and other topics discussed are very relevant to students concerns and are addressed in greater depth than found in most other texts The emphasis is not just on couple relationships but also on family relationships Therefore in this book there is extensive coverage of family systems theory and the influence of family rules and family structure on the development of families There is also material on how change produces transitions in family life that must be assimilated into the family structure for example when a couple has their first child Thus both couple and family issues are addressed throughout the book For instructors who want to focus their courses on marriage family and intimate relationships this book would be an ideal choice A study guide for students and instructional material for instructors can be obtained by visiting [www.understandingrelationships.net](http://www.understandingrelationships.net)

*Comprehensive Handbook of Psychotherapy, Psychodynamic / Object Relations* Jeffrey J. Magnavita, 2002-10-01 Now available in paperback In this volume different approaches to Psychodynamic Object Relations approaches are examined It covers the important issues in the field with topics ranging from psychodynamic psychotherapy with undergraduate and graduate students to a relational feminist psychodynamic approach to sexual desire to psychodynamic object relations group therapy with schizophrenic patients

**The Call Of Solitude** Ester Schaler Buchholz, 1999-08 This book based on the author's developmental and clinical psychoanalytic study is about the positive effects of spending time alone and the difficulties and negative connotations associated with this need in busy modern society From back cover

**Psychiatry** Allan Tasman, Jerald Kay, Jeffrey A. Lieberman, Michael B. First, Mario Maj, 2011-10-11 Extensively revised and updated this edition reflects the progress and developments in the field With 127 chapters and over 400 contributors this book is a truly comprehensive exposition of the specialty of psychiatry Written by well known and highly regarded experts from around the world it takes a patient centered approach making it an indispensable resource for all those involved in the care of patients with psychiatric disorders For this new edition the section on the Neuroscientific Foundations of Psychiatry has been completely revised with

a new author team recruited by Section Editors Jonathan Polan and Eric Kandel The final section Special Populations and Clinical Settings features important new chapters on today's most urgent topics including the homeless, restraint and geriatric psychiatry Key features include Coverage of the entire field of psychiatry from psychoanalysis to pharmacology and brain imaging including family relations, cultural influence and change, epidemiology, genetics and behavioral medicine Clinical vignettes describing current clinical practice in an attractive design Numerous figures and tables that facilitate learning and comprehension appear throughout the text Clear comparisons of the DSM IV TR and ICD 10 criteria for easy understanding in a global context Diagnostic and treatment decision trees to help both the novice and experienced reader The chapter on Cognitive Behavioral Therapies by Edward Friedman, Michael Thase and Jesse Wright is freely available Please click on Read Excerpt 2 above to read this superb exposition of these important therapies

**Marital and Family Therapy** Ira D. Glick, Ellen M. Berman, John F. Clarkin, 2003-09-01 Marital and Family Therapy now in its Fourth Edition continues its tradition as a classic resource for psychiatrists and family therapists, trainees and practitioners alike by combining psychiatric and integrative family models into a single framework The recent growth and changes in the field, especially the movement away from narrowly based schools of therapy toward an integrative approach, prompted the authors to expand and rewrite the text The authors have included the results of 20 years of successful field testing by trainees and have supplemented the text with well-placed case vignettes and charts The authors have further renewed the appeal of this definitive text by 1 rewriting the discussion of how new attitudes and information about gender, culture, class and race are affecting family theory building 2 updating their text for compatibility with DSM IV TR and ICD 10 3 adding a section on treating Axis I disorders by combining family therapy with medication 4 adding a section on the new subspecialty of family systems medicine 5 offering the latest on family therapy effectiveness and training and 6 discussing afresh the ethical, financial and professional issues facing therapists today With two new authors, up-to-date references for the advanced therapist and suggested readings for both instructor and student, this volume will spend little time on the shelf Psychiatrists, family therapists, social workers, nurses, family education teachers, counselors, family physicians and family law professionals will turn to this practical reference time and time again as they seek a better understanding of the evolving field of marital and family therapy

**Couples** Barry Dym, Michael Lyon Glenn, 1993 Everyone in or out of a relationship has wondered how couples work and what makes them successful or unsuccessful, long-lasting or short-term In this insightful, refreshingly nonjudgmental book Barry Dym, Ph.D. and Michael Glenn, M.D. chart the stages of a couple's journey together and offer a provocative glimpse of the complex birth and development of intimate partnerships At the heart of Couples, the authors identify three distinct yet recurring stages common to all enduring relationships We learn that couples begin with a period of Expansion and Promise, a time when each individual feels somehow larger, more witty and charming, in short, the best person that he or she can be The intensity of Expansion cannot last, though, and inevitably will move into Contraction, as we each pull

back into our more habitual ways enact or demand more stereotypical gender roles and feel disappointed and betrayed Couples who weather the storm of Contraction and long term couples will experience many of them will resolve their struggles and move into a time of Resolution when intimacy is renewed and each individual can become more complete containing both their best and worst selves But Couples is much more than a map Illustrating their ideas with in depth examples Drs Dym and Glenn reveal how a couple s identity is shaped by these stages and the powerful cultural expectations of society friends and family who tell us what a couple should be Couples analyzes how recurrent patterns are established and the impact of gender issues children and the serious crises that occur in any lifetime Finally the authors offer accessible suggestions for applying these concepts to one s own relationship guiding couples and individuals in how to manage their own periods of turmoil and transition Original engaging and thoughtful Couples uncovers the essence of our most intimate relationship ultimately it offers a striking portrait not just of whom we love and why but who we are BOOK JACKET Title Summary field provided by Blackwell North America Inc All Rights Reserved *Intimacy, Change, and Other Therapeutic Mysteries* David C. Treadway, 2004-09-07 This unique collection of short fiction takes the reader on an journey beyond the terrain of the clinical text or case study David Treadway not only explores the ways in which therapy addresses client problems but also illuminates the impact of clinical work on the therapist how what happens in sessions spills over into the personal lives of both parties and how we can understand the myriad often unpredictable ways in which change occurs over time Delving into vital personal professional and ethical issues that are often neglected in clinical training and offering insights to stimulate further thinking and dicussion the volume is deeply instructive This volume is a rewarding resource for psychotherapists from a range of backgrounds including clinical psychologists clinical social workers couple and family therapists and psychiatrists It is also an invaluable tool for professional workshops or graduate training programs

*Leadership in Nonprofit Organizations* Barry Dym, Harry Hutson, 2005-01-04 Leadership in Nonprofit Organizations is about exemplary leadership as found in both corporate and nonprofit organizations The authors take a fresh approach to the study of leadership they perform research in nonprofits both to understand and appreciate their complexities and to reach conclusions about the nature of leadership in any context including for profit and governmental entities Moving from nonprofit to for profit in this way reverses the flow of ideas as represented in the mainstream literature of leadership The authors journey leads through case studies of remarkable leaders succeeding in complex situations The book explores contemporary versions of leadership as embedded in American culture It develops the concept of good fit between the leader and circumstances in which she or he must lead it reveals predictable leadership dynamics and cycles it explains how leaders can increase the readiness for change in their organizations it describes the felt experience of flow when successful leaders are lost in the moment Although each chapter employs a different lens the object is the same throughout leadership as the practice of alignment The result is a multifaceted view of leadership as a complex system of shifting interrelationships that

yields insights useful to students researchers and leaders themselves Features and Benefits Critical review of literature on leadership which encourages diversity in leadership models and approaches Case studies of nonprofit leadership which affirm public minded mission driven leaders and acknowledge their contributions Chapters on leadership constructs such as fit dynamics readiness and flow which provide useful insights and methods to enable success Overarching concept of alignment which reframes leadership as an active process where the awareness of and response to the interplay of multiple relevant factors matters more than charisma pedigree or power

*Couples* Barry Dym, Michael Lyon Glenn, 1993 Everyone in or out of a relationship has wondered how couples work and what makes them successful or unsuccessful long lasting or short term In this insightful refreshingly nonjudgmental book Barry Dym Ph D and Michael Glenn M D chart the stages of a couple s journey together and offer a provocative glimpse of the complex birth and development of intimate partnerships At the heart of *Couples* the authors identify three distinct yet recurring stages common to all enduring relationships We learn that couples begin with a period of Expansion and Promise a time when each individual feels somehow larger more witty and charming in short the best person that he or she can be The intensity of Expansion cannot last though and inevitably will move into Contraction we each pull back into our more habitual ways enact or demand more stereotypical gender roles and feel disappointed and betrayed Couples who weather the storm of Contraction and long term couples will experience many of them will resolve their struggles and move into a time of Resolution when intimacy is renewed and each individual can become more complete containing both their best and worst selves But *Couples* is much more than a map Illustrating their ideas with in depth examples Drs Dym and Glenn reveal how a couple s identity is shaped by these stages and the powerful cultural expectations of society friends and family who tell us what a couple should be *Couples* analyzes how recurrent patterns are established and the impact of gender issues children and the serious crises that occur in any lifetime Finally the authors offer accessible suggestions for applying these concepts to one s own relationship guiding couples and individuals in how to manage their own periods of turmoil and transition Original engaging and thoughtful *Couples* uncovers the essence of our most intimate relationship ultimately it offers a striking portrait not just of whom we love and why but who we are

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*Family-Oriented Primary Care* Susan H. McDaniel, Thomas L. Campbell, Jeri Hepworth, Alan Lorenz, 2005-12-06 The first edition helped bring the family approach to health care into the medical mainstream This new edition like the first provides health care professionals with a practical guide to working with and treating both the individual patient and the family Tackling challenging and emerging issues such as AIDS and the family race and gender child abuse and domestic violence in addition to pregnancy child behavior and chronic illness this volume is sure to be an indispensable guide for primary care providers

**Portraits of Adjustment** Martin Heesacker, 1994 Composed of Washington Post articles this text covers developments in the area of adjustment exemplifying the dynamic nature of scientific discovery and the advance of knowledge By linking news stories

with standard personal growth textbook topics it aims to help students see how the core material from personal adjustment extends beyond the classroom to their future lives

**Couple Relationships in a Global Context** Angela Abela, Sue Vella, Suzanne Piscopo, 2020-04-03 This book examines the significance of the couple relationship in the 21st century exploring in depth how couple relationships are changing in different parts of the world It highlights global trends and cultural variations that are shaping couple relationships The book discusses diverse relationships such as intercultural couples same sex couples long distance couples polygynous marriages and later life couples In addition chapters offer suggestions for ways to best support couples through policy clinical practices and community support The book also investigates aspects of a relationship that help predict fidelity and stability Topics featured in this book include Couple relationships when one partner has an acquired physical disability Impact of smartphones on relationships Online dating and its implications for couple relationships Assessment and intervention in situations of infidelity and non monogamy Parenting interventions for the transition from partnership to parenthood Online couple psychotherapy to support emotional links between long distance partners Couple Relationships in a Global Context is an essential resource for researchers professors and graduate students as well as clinicians and practitioners in family therapy clinical psychology general practice family medicine social work and related psychology and medical disciplines

**Beyond the Surface: Exploring Love, Intimacy, Infatuation & Sex** D. G. Jordan, 2024-12-06 Read about the intricate tapestry of human relationships with Beyond the Surface Exploring Love Intimacy Infatuation Sex the final installment Sex Series This enlightening eBook invites readers on a journey through conventional notions of love and attraction while offering a comprehensive exploration of the emotional and physical aspects of intimacy In a world where surface level connections often overshadow profound understanding this eBook series seeks to unravel the complexities of love revealing how infatuation desire and intimacy intertwine Through engaging insights readers will discover The Dynamics of Love Understand the different types of love from romantic to platonic and how they shape our interactions and expectations The Nature of Infatuation Explore the fascinating chemistry behind infatuation and how it can spark and sometimes cloud our feelings Building Intimacy Learn practical strategies for fostering emotional and physical intimacy in relationships enhancing bonds that go beyond the superficial Navigating Sexuality Delve into healthy sexual expression communication and understanding personal desires Beyond the Surface serves as both a guide and a thoughtful reflection on the diverse experiences of love and intimacy encouraging readers to look beyond the surface of their connections and understand the depths of their hearts Whether you re navigating a new relationship seeking to deepen existing bonds or simply curious about the nuances of intimacy this book offers the tools and insights to enrich your understanding of love and desire Join us on this journey to explore the beautiful complexities of the human experience

**Couples, Intimacy Issues, and Addiction** Barbara Jo Brothers, 2014-01-27 Explore effective innovative ways to foster healthy relationships This thoughtful book discusses fresh and innovative ways to treat partners in distress It suggests

creative therapeutic ways to approach a range of problems and inner needs Encompassing case studies theoretical concepts and original research Couples Intimacy Issues and Addiction offers an intimate glimpse into the painful journey to marital healing Couples Intimacy Issues and Addiction reveals the secret dynamics of marriages in trouble It offers models for nontraditional relating insight for handling such devastating crises as adultery and a fascinating analysis of the marital crisis in the film Eyes Wide Shut It shows how to use powerfully effective techniques including facilitated imagery self psychology and a phasic model of handling adultery Couples Intimacy Issues and Addiction addresses the tough issues that can shatter a marriage including balancing privacy and relatedness handling the intrusive memory of a late spouse facing one partner s addiction healing from adultery and other disloyalties Though the problems presented in these pages are potentially devastating to any marriage this book offers an attentive respectful approach that will be beneficial to both partners Couples Intimacy Issues and Addiction offers solid tested advice on ways to encourage clients to confront their genuine needs and deal with the ghosts of the past With these techniques psychologists social workers and couples counselors can help partners on the brink of divorce can build a healthy marriage on a solid foundation of love and trust     **Discovering Your Couple**

**Sexual Style** Barry W. McCarthy, Emily McCarthy, 2011-03-17 Winner of the 2009 Smart Marriages Impact Award Think all sex should be earth shattering The quality of most couple sex doesn t measure up to the much distorted image of the perfect romantic love passionate sex encounter portrayed in popular culture In Discovering Your Couple Sexual Style Sharing Desire Pleasure and Satisfaction renowned marital and sex therapist Barry McCarthy and his wife Emily McCarthy urge couples to ignore what they see on TV in books or online and discover their own unique sexual style The McCarthys offer three guidelines for sexual satisfaction develop positive realistic sexual expectations explore sensual and sexual options and communicate sexual desires With this foundation couples can take a straightforward survey to determine which of four couple sexual styles best fits their relationship Based on three years of research and treating more than 4 000 individuals and couples Discovering Your Couple Sexual Style provides information guidelines exercises and case studies that will help readers find their own sexual voice and develop a mutually satisfying sexual style     **Female Rage** Mary Valentis, Anne Devane, 1994 A compelling consideration of the rage that continues to shape women s lives pointing to its personal and cultural roots its expression in classic and popular culture its manifestations in disorders from depression to bulimia and its potential as a fuel for self realization and success     **Love and Intimate Relationships** Norman M. Brown, Ellen S. Amatea, 2013-06-17 Using a style that draws students into the ongoing inquiry into how intimate relationships work Love and Intimate Relationships investigates the life cycle of relationships influences that affect them theories behind them and ways to improve them Dozens of stories from students themselves case examples and over 150 tables figure and the cartoons of Don Edwing of Mad Magazine help bring the material alive The book is also unique in exploring aspects of human relationships not covered in other textbooks on the subject Love and Intimate Relationships helps bring the complex issues surrounding

intimate relationships into focus for students from diverse backgrounds The multidisciplinary perspective of the textbook makes it ideal for introductory courses in psychology marriage counseling human relations and sexuality and interpersonal relationships    The Utne Reader ,1993    **Encyclopedia of Marriage and the Family** David Levinson,1995 Provides a compendium of knowledge about marriage family and human relations    *LGBTQ Parents and Their Children during the Family Life Cycle* Nicola Carone,Henny Bos,Geva Shenkman,Fiona Tasker,2021-03-26

## The Enigmatic Realm of **Couples Exploring And Understanding The Cycles Of Intimate Relationships**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Couples Exploring And Understanding The Cycles Of Intimate Relationships** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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