

tavistock centre for couple relationships

Tavistock Centre for Couple Relationships: A Beacon for Relationship Support and Therapy

tavistock centre for couple relationships stands as a leading institution dedicated to supporting couples through the complexities of their relationships. Whether facing communication struggles, intimacy issues, or major life transitions, many couples find hope and healing through the specialized services offered here. Understanding the role and offerings of the Tavistock Centre for Couple Relationships can provide valuable insights into how couples can rebuild connections and foster lasting bonds.

What Is the Tavistock Centre for Couple Relationships?

The Tavistock Centre for Couple Relationships (TCCR) is a renowned UK-based organization focused on relationship therapy and training. It was established with the goal of helping couples navigate difficulties and improve their emotional connections through evidence-based approaches. Over the years, TCCR has developed a reputation for combining clinical expertise with compassionate care, making it a trusted source for relationship support.

Unlike general counseling services, the Tavistock Centre for Couple Relationships specializes exclusively in couple and family dynamics. This focus allows therapists to tailor interventions specifically to the unique challenges that arise in intimate partnerships.

Core Services Offered

At the heart of the Tavistock Centre for Couple Relationships lies a suite of therapeutic services designed to meet diverse couple needs:

- **Couple Therapy:** One-on-one sessions with trained relationship therapists help partners explore their issues, communicate more effectively, and rebuild trust.
- **Relationship Counseling:** Practical guidance and emotional support for couples experiencing challenges such as infidelity, loss of intimacy, or parenting conflicts.
- **Workshops and Group Therapy:** Interactive sessions that provide couples

with tools to strengthen their partnerships alongside others facing similar issues.

- **Training and Professional Development:** The centre also offers accredited training for therapists and counselors specializing in couple relationships, ensuring high standards of practice.

Why Choose the Tavistock Centre for Couple Relationships?

Choosing the right support for relationship challenges can be daunting. The Tavistock Centre for Couple Relationships sets itself apart through its expertise, evidence-based methods, and commitment to ongoing research in relationship health.

Expertise Rooted in Research and Practice

TCCR therapists are highly trained in various therapeutic modalities, including emotionally focused therapy (EFT), psychodynamic approaches, and systemic family therapy. This blend ensures that treatment is customized to each couple's background and presenting issues.

Moreover, the centre is closely linked to academic research institutions, allowing it to stay up-to-date with the latest findings in relationship psychology. This integration of science and practice enhances the effectiveness of its interventions.

A Safe and Supportive Environment

One of the reasons many couples gravitate toward the Tavistock Centre for Couple Relationships is its welcoming and non-judgmental atmosphere. Tackling sensitive topics like trust, communication breakdown, or past trauma requires a space where individuals feel heard and respected.

The therapists at TCCR are trained not only in clinical skills but also in empathy and cultural sensitivity, which helps couples from diverse backgrounds feel comfortable and understood.

Understanding Couple Therapy at the Tavistock

Centre

Couple therapy is at the core of what the Tavistock Centre for Couple Relationships offers. But what does this therapy typically involve, and how can it help?

Therapeutic Approaches Used

Each couple therapy journey at TCCR is unique, but several common approaches are frequently employed:

- **Emotionally Focused Therapy (EFT):** Helps couples identify and express their emotional needs and vulnerabilities, fostering stronger emotional bonds.
- **Psychodynamic Couple Therapy:** Explores unconscious patterns and early life experiences that influence current relationship dynamics.
- **Systemic Therapy:** Views the couple as part of a broader system, including family and social networks, to understand relational patterns.

By combining these approaches, therapists guide couples to not only resolve immediate conflicts but also develop healthier long-term patterns.

Typical Session Structure

Couple therapy sessions at the Tavistock Centre generally last about 50 to 60 minutes and are scheduled weekly or biweekly, depending on the couple's needs. Early sessions often focus on building rapport, assessing relationship history, and identifying goals.

As therapy progresses, couples engage in exercises that improve communication, manage conflict, and rebuild intimacy. Therapists may assign "homework" tasks, such as practicing new ways of listening or expressing appreciation, to reinforce progress between sessions.

Who Can Benefit From the Tavistock Centre for Couple Relationships?

Relationship issues can affect anyone, regardless of age, background, or relationship stage. The Tavistock Centre for Couple Relationships supports a

wide variety of couples, including:

- Newlyweds or those considering marriage who want to strengthen their bond early on.
- Long-term partners navigating changes like parenthood, career shifts, or aging.
- Couples facing specific crises such as infidelity, separation, or bereavement.
- Same-sex couples seeking culturally competent and inclusive therapy.
- Couples preparing for significant transitions like blending families or retirement.

The inclusive approach ensures that all couples can find tailored support that respects their unique circumstances and identities.

Signs It Might Be Time to Seek Support

Sometimes it's hard to know when professional help is needed. Some signs that couples might benefit from contacting the Tavistock Centre for Couple Relationships include:

1. Recurring arguments that don't seem to resolve.
2. Emotional distance or loss of intimacy.
3. Difficulty communicating without blaming or shutting down.
4. Experiencing major life stressors impacting the relationship.
5. Feelings of hopelessness about the future together.

Recognizing these signs early and seeking support can prevent problems from worsening and lay the foundation for a healthier relationship.

Additional Resources and Training at the

Tavistock Centre

Beyond direct therapy, the Tavistock Centre for Couple Relationships is deeply involved in education and professional development. This commitment helps ensure that therapists across the UK and beyond are equipped with cutting-edge skills.

Training Programs for Professionals

The centre offers a range of accredited courses designed for therapists, counselors, and healthcare professionals. These include:

- Diplomas in Couple and Family Therapy
- Short courses on specific topics like trauma-informed relationship work or working with diverse communities
- Workshops focused on enhancing communication and conflict resolution skills

These programs help expand the reach of effective couple therapy and promote best practices in the field.

Workshops for Couples

For couples not yet ready for therapy or seeking to boost their relationship skills, the Tavistock Centre offers workshops and group sessions. These interactive experiences often focus on:

- Improving communication and active listening
- Building emotional intimacy
- Managing conflict constructively
- Understanding attachment styles and relationship patterns

Participating in such workshops can offer practical tools and connect couples with peer support networks.

Making the Most of Your Experience at the Tavistock Centre for Couple Relationships

Engaging with couple therapy or workshops at TCCR can be transformative, but it also requires commitment and openness from both partners.

Tips for Success in Couple Therapy

- **Be Honest and Open:** Sharing feelings and experiences honestly helps therapists understand your relationship better and tailor interventions accordingly.
- **Practice Patience:** Change takes time. Progress may be gradual, so it's important to stay committed even during challenging moments.
- **Engage Outside of Sessions:** Applying learned communication skills and exercises in everyday life reinforces growth.
- **Respect Each Other's Perspectives:** Therapy is a safe space for both voices. Listening without judgment fosters mutual understanding.

By approaching therapy as a shared journey rather than a quick fix, couples often experience more meaningful and lasting improvements.

Booking and Accessing Services

The Tavistock Centre for Couple Relationships typically offers in-person sessions at their London location, but many services have expanded to online formats, increasing accessibility for those outside the city or with busy schedules.

Appointments can be booked via their website or through professional referrals. It's advisable to check the latest availability and service options, as they may vary.

The Tavistock Centre for Couple Relationships has long been a cornerstone for couples seeking compassionate, expert support. By combining specialized therapy, research-driven methods, and a welcoming environment, it continues to help couples rediscover connection, improve communication, and build stronger futures together. Whether facing a rough patch or aiming to deepen an already strong bond, the centre's resources offer a valuable path forward.

Frequently Asked Questions

What is the Tavistock Centre for Couple Relationships?

The Tavistock Centre for Couple Relationships (TCCR) is a UK-based organization specializing in relationship support, training, and therapy for couples and families. It provides counseling services and professional training in couple therapy.

What types of services does the Tavistock Centre for Couple Relationships offer?

The Tavistock Centre for Couple Relationships offers couple therapy, relationship counseling, training programs for therapists and counselors, workshops, and online resources aimed at improving relationship skills and resolving conflicts.

Who can benefit from the services at the Tavistock Centre for Couple Relationships?

Individuals, couples, and families experiencing relationship difficulties can benefit from the Tavistock Centre's services, as well as professionals seeking training in couple therapy and relationship counseling.

Is the Tavistock Centre for Couple Relationships currently offering online therapy sessions?

Yes, the Tavistock Centre for Couple Relationships has adapted to current needs by offering online therapy sessions and workshops to ensure accessibility and safety for clients during the COVID-19 pandemic and beyond.

How can I access training programs at the Tavistock Centre for Couple Relationships?

Training programs can be accessed by applying through the Tavistock Centre for Couple Relationships' official website, where they offer courses ranging from introductory workshops to advanced couple therapy training.

What makes the Tavistock Centre for Couple Relationships a trusted provider for couple therapy?

The Tavistock Centre for Couple Relationships is trusted due to its long-standing history, evidence-based therapeutic approaches, experienced clinicians, and comprehensive training programs that maintain high professional standards in couple therapy.

Additional Resources

Tavistock Centre for Couple Relationships: A Comprehensive Review

tavistock centre for couple relationships stands as a pivotal institution in the United Kingdom, specializing in the therapeutic support and training related to couple relationships. Established with a mission to enhance the quality and resilience of partnerships, the centre has become a beacon for relationship counseling, professional education, and research. This article provides an in-depth exploration of the Tavistock Centre for Couple Relationships, examining its services, methodologies, and impact within the landscape of relationship therapy.

An Overview of the Tavistock Centre for Couple Relationships

The Tavistock Centre for Couple Relationships (TCCR) originated as part of the wider Tavistock tradition, renowned for its psychoanalytic approach to mental health and psychotherapy. Over time, TCCR has carved out a specialized niche focusing exclusively on couple and relationship therapy, addressing a broad spectrum of relational difficulties from communication breakdowns to complex emotional trauma within partnerships.

Situated in London, TCCR combines clinical practice with academic rigor, offering services to individuals, couples, and families while also providing training programs for mental health professionals. Their approach is integrative, drawing from systemic, psychodynamic, and attachment-based models to tailor interventions that meet the unique needs of each relationship.

Core Services and Therapeutic Approaches

At the heart of the Tavistock Centre for Couple Relationships is its commitment to evidence-based therapy. The centre offers a range of therapeutic modalities designed to foster understanding, repair, and growth in couples. These include:

- **Couple Therapy:** Short and long-term sessions aimed at resolving conflicts, improving communication, and rebuilding trust.
- **Family Therapy:** Addressing relational dynamics within family units, often involving children and extended family members.
- **Individual Therapy:** Supporting personal issues that impact relationship health, such as trauma or mental health conditions.

- **Training and Professional Development:** Courses and certifications for therapists specializing in couple and family therapy.

TCCR's therapeutic work is grounded in the psychodynamic tradition, emphasizing unconscious processes and early relational patterns. However, the centre is not limited to a single theoretical framework; it embraces systemic therapy principles that consider the couple as part of larger social and familial contexts, and attachment theory to explore how early bonds influence adult relationships.

Innovative Training Programs

One of the distinctive features of the Tavistock Centre for Couple Relationships is its comprehensive training curriculum. The centre is a leading provider of postgraduate courses, workshops, and continuous professional development (CPD) tailored to therapists, counselors, and social workers.

These programs emphasize experiential learning, clinical supervision, and research integration, ensuring practitioners are equipped with contemporary skills and theoretical knowledge. Notably, TCCR offers a Clinical Diploma in Couple and Family Therapy, accredited by professional bodies, which is highly regarded within the UK and internationally.

Comparative Insights: Tavistock Centre Versus Other Relationship Therapy Providers

In the crowded field of couple counseling, the Tavistock Centre for Couple Relationships distinguishes itself through its psychoanalytic heritage and emphasis on training. Compared to other prominent providers such as Relate or the National Marriage Guidance Council, TCCR's approach is often described as more intensive and reflective, focusing deeply on unconscious dynamics and emotional processes.

While Relate offers more accessible, often shorter-term counseling services aimed at immediate conflict resolution and communication improvement, Tavistock's programs may appeal to couples and therapists seeking in-depth exploration of relational patterns over extended periods.

The centre's integration of training with clinical practice also sets it apart, creating a symbiotic environment where emerging therapists can refine their skills under the guidance of experienced practitioners. This dual role as a therapeutic and educational institution enriches the quality of care and enhances professional standards in couple therapy.

Strengths and Limitations

- **Strengths:**

- Comprehensive and evidence-based therapeutic approaches
- Strong emphasis on training and professional development
- Integration of psychodynamic, systemic, and attachment theories
- Established reputation with a history of clinical excellence

- **Limitations:**

- Primarily based in London, which may limit accessibility for some clients
- Therapy can be intensive and longer-term, which may not suit all couples seeking quick solutions
- Costs may be higher compared to community-based services

Impact and Research Contributions

Beyond clinical practice, the Tavistock Centre for Couple Relationships actively contributes to the field through research and public engagement. It collaborates with academic institutions to study relationship dynamics, therapy outcomes, and social factors influencing couple health.

This research focus not only informs the centre's clinical work but also helps shape public policy and awareness regarding relationship wellbeing. For example, studies emerging from TCCR have deepened understanding of how early trauma affects adult partnerships, informing therapeutic techniques and preventative interventions.

Community Outreach and Accessibility

Recognizing the importance of accessibility, the centre has taken steps to widen its reach. This includes offering online therapy sessions, especially

relevant in the wake of the COVID-19 pandemic, and initiatives aimed at underserved populations.

However, compared to larger, nationwide organizations, the Tavistock Centre's services can still be perceived as relatively exclusive, given the specialized nature of the therapy and training programs. Efforts to broaden community engagement remain an ongoing challenge and priority.

Conclusion: A Noteworthy Institution in Couple Therapy

The Tavistock Centre for Couple Relationships embodies a sophisticated and well-established approach to relationship therapy, blending clinical excellence with academic precision. For couples seeking deep, reflective work with trained specialists, and for professionals aiming to enhance their expertise, TCCR offers a unique and valuable resource.

Its enduring commitment to advancing the understanding of couple dynamics and fostering resilient relationships ensures that it remains a significant player in the mental health and therapeutic landscape. As relationship challenges continue to evolve in complexity, institutions like the Tavistock Centre for Couple Relationships will be essential in providing nuanced, effective support.

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Andrew Balfour, Mary Morgan, Christopher Vincent, 2018-05-08 This book is about the importance of the couple relationship in the broadest terms. It draws on clinical researches into the inner lived world of adult couples, empirical developmental research into children and parenting, as well as the legal setting when relationships break down. It aims to bridge the inner and outer worlds, showing how our most intimate relationships have vital importance at all levels, from the individual and the family, to the social setting - and explores the implications for practice and policy. Above all, it is a book about applications of clinical thinking linked with research knowledge, as tools for front line workers and policy makers alike. It draws on the tradition of applied clinical thinking and research of the Tavistock Centre for Couple Relationships, linking current thinking with the history of ideas in each area it covers, as well as considering implications for the future.

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tavistock centre for couple relationships: Sex, Attachment and Couple Psychotherapy

Christopher Clulow, 2018-05-08 The contributors to this book have drawn on different mentors to provide a framework for understanding the sexual problems of the couples they see, and to inform the work they do. But whether Freud, Jung, Klein or Bowlby has been the progenitor of their own particular therapeutic narrative, the spirit of enquiry and curiosity is evident in their approach. This has created space to explore the dimensions of sex, love, hate and power in ways that allow the facts of life to emerge and be discovered as something unique and authentic to each couple. It has also created a platform from which new understandings may emerge to inform practice in the future.

tavistock centre for couple relationships: Couple Relationships in the 21st Century

Jacqui Gabb, Janet Fink, 2017-08-26 This book presents an incisive and engaging account of love, intimacy and personal life in contemporary Western society. The authors draw on rich qualitative and large-scale survey data to explore how couples communicate with each other, negotiate the pressures and pleasures of parenthood, and the vagaries of sexual desire and intimacy across life course. Focusing on 'the everyday', Couple Relationships in the 21st Century unpicks the ordinary and often mundane relationship work that goes into sustaining a relationship over time, breaking down the dichotomy between enduring relationships of quality and good enough or endured relationships. It contests the separation of couples into distinct relationship types - defined through age, parenthood or sexuality. Looking through the lens of relationship practices it is clear that there is no 'normal couple': couples are what couples do. With a foreword by Dr Reenee Singh, Director, London Intercultural Couples Centre and Co-Director, Tavistock Family Therapy and Systemic Research Centre, this new extended edition provides an invaluable critical insight on contemporary experiences of coupledness and will be essential reading for scholars and students, clinicians working in couple and family therapy, and those involved in relationship support services.

tavistock centre for couple relationships: Couple Relations Mary Morgan, 2025-09-30

In this book, Mary Morgan provides a comprehensive understanding of couple relations. Taking a psychoanalytic perspective, Morgan explores some of the fundamental tensions in being part of a couple: between being an individual and a couple, relating, non-relating, and the narcissistic problem in tolerating the otherness and alienness of one's partner. She guides the reader through managing feelings of both separateness and intimacy, issues around sex and sexuality, the tension between love and hate, and the importance of curiosity. She also elucidates key discoveries of unconscious processes in a couple relationship made by couple psychoanalysts, including unconscious choice of partner, the couple projective system, shared unconscious phantasy and beliefs, unconscious alliances, the couple's own transference relationship and how the real presence of an other is seen as an interference acting on the preconceptions of the other subject. Through Morgan's accessible and holistic approach, drawing on decades of clinical experience, this book is an essential resource for all psychoanalytic and psychodynamic psychotherapists, counsellors working with couples, and researchers and students in Gender Studies, social sciences, psychology and the humanities.

tavistock centre for couple relationships: Couple and Family Psychoanalysis Volume 3

Number 2 Molly Ludlam, 2013-09-30 Couple and Family Psychoanalysis is an international journal sponsored by Tavistock Relationships, which aims to promote the theory and practice of working with couple and family relationships from a psychoanalytic perspective. It seeks to provide a forum

for disseminating current ideas and research and for developing clinical practice. The annual subscription provides two issues a year. Articles - Psychic "Geodes"—The Presence of Absence 18th Enid Balint Memorial Lecture 2013 - by Joan Raphael-Leff - Response to Psychic "Geodes"—The Presence of Absence by Christopher Clulow - When a Problem Shared is a Problem...Whose Illness is it Anyway? Questions of Technique When Working With a Borderline Couple by Susanna Abse - Further thoughts on When a Problem Shared is a Problem... Whose Illness is it Anyway? by Susanna Abse - Mentalizing: An Exploration of its Potential Contribution to Understanding the Challenges Faced by Childhood Sexual Abuse Survivors in Couple Therapy by Heather B. MacIntosh - Mentalization for Whom? Commentary on Article by Heather MacIntosh by Avi Shmueli - The Intergenerational and Cultural Transmission of Trauma in Chinese Couple Relationships by Janine Wanlass

tavistock centre for couple relationships: *EBOOK: An Introduction to Family Therapy: Systemic Theory and Practice* Rudi Dallos, Ros Draper, 2015-09-16 The fourth edition of the bestselling *An Introduction to Family Therapy* provides an overview of the core concepts informing family therapy and systemic practice, covering the development of this innovative field from the 1950s to the present day. The book considers both British and International perspectives and includes the latest developments in current practice, regulation and innovation, looking at these developments within a wider political, cultural and geographical context. The fully revised fourth edition also contains new material on: EXPANDED Chapter 4 'Ideas that keep knocking on the door'-updated with applications of attachment & narrative therapy, linking these ideas to issues of developing the therapeutic alliance with families EXPANDED Chapter 5 'Systemic Formulation'- updated with a view of formulation as a core skill in many therapeutic models, and an alternative to diagnosis EXPANDED Chapter 6 '21st Century Practice Development'- updated to include cutting edge innovations in the field, such as integrative practice EXPANDED Chapter 7 'Couple Therapy'- updated to include the more recent process and outcome research in the models, making link with current systemic practice and using more illustrative examples and highlighting how Relate has changed EXPANDED Chapter 8 'Research and Evaluation'- updated with a greater range of research methods and contemporary emphasis on evidence based practice Greater focus on key family therapy skills throughout the book in the updated 'Formats of Exploration' feature in each chapter Expanded lists of key texts and diagrams, suggested reading organized by topic, and new practical examples and exercises are also used in order to encourage the reader to explore and experiment with the ideas in their own practice. This book is key reading for students and practitioners of family therapy and systemic practice as well as those from the fields of counselling, psychology, social work and the helping professions who deal with family issues.

tavistock centre for couple relationships: *Couple and Family Psychoanalysis Volume 1 Number 2* Molly Ludlam, 2011-09-30 *Couple and Family Psychoanalysis* is an international journal sponsored by Tavistock Relationships, which aims to promote the theory and practice of working with couple and family relationships from a psychoanalytic perspective. It seeks to provide a forum for disseminating current ideas and research and for developing clinical practice. The annual subscription provides two issues a year. Articles - John Carl Flügel: The Forgotten Pioneer of Couple and Family Psychoanalysis by Brett Kahr - Psychological Aspects of Marriage and the Family (1935) John C. Flügel - Edited and annotated by Brett Kahr - Explorations With Families: A Model for Initial Family Therapy Meetings, Based on a Psychoanalytic Approach by Sally Box - Anger and Aggressiveness in Couple Therapy: Some Clinical Considerations from an Intersubjective Perspective by Fabio Monguzzi - Some Reflections on Reparation in Post-Apartheid South Africa, using a Couple Therapy Intervention as a Microcosm of South African Society by Andrea Hill and Sylvia Poss - Couple Work in South Africa: An Historical Overview from Cape Town by Andrea Hill and Adrian Perkel

tavistock centre for couple relationships: *Hidden Histories of British Psychoanalysis* Brett Kahr, 2023-10-12 In this compellingly written and meticulously researched new book, Professor Brett Kahr draws upon extensive unpublished archival sources and upon his four decades of oral

history interviews to paint fascinating portraits of many of the icons of mental health. *Unearthing Freud's Death Bed and Laing's Missing Tooth: Hidden Histories of British Psychoanalysis* includes detailed accounts of Kahr's interviews with such noted figures as Enid Balint, Marion Milner, Ronald Laing, John Bowlby and his wife, Ursula Longstaff Bowlby, as well as numerous members of Donald Winnicott's family. Framed as a series of glimpses into the early history of British psychoanalysis, Kahr explores how the German-speaking Sigmund Freud learned how to psychoanalyse English-speaking patients; how Enid Eichholz (the future wife of Michael Balint) pioneered couple psychoanalysis in the wake of the Second World War; how Donald Winnicott treated The Piggie in the midst of his own health crises; and how Masud Khan degenerated from a clinical sage into an anti-Semite. A breathtaking combination of interviews, reminiscences, and well-documented scholarship, this book provides a gripping overview of many of the key figures in British psychoanalysis, all of whom made unparalleled contributions to the mental health profession, and whose lives and careers deserve to be visited and revisited.

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tavistock centre for couple relationships: *Looking into Later Life* Rachael Davenhill, 2018-10-08 This book belongs to a long tradition at the Tavistock Clinic of work focused on the mental and emotional well-being of the elderly. It applies psychoanalytic thinking to areas that have generally attracted very little sustained attention over the years.

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tavistock centre for couple relationships: Working with Developmental Anxieties in Couple and Family Psychotherapy Penny Jools, Noela Byrne, Jenny Berg, 2017-10-30 The family begins with the parental couple; it is they who create the family. This book explores the way in which the child or any member of the family can carry unresolved projections arising from the parents' families of origin: their family within, and the difficulties this internal family presents for the therapist. The model developed in this book explores psychoanalytically based ideas about infant development and applies them to the internal world of couples and families. It presents both a clear explanation of these theories as well as case histories that show how these ideas work in practice. The developmental model presented offers an original perspective on the wide range of problems that many couple and family therapists struggle with. These problems can be understood in the context of the family within, the way in which the family of origin dynamics have been internalised. This shared understanding between the couple and family and the therapist provides a path to greater maturity and therefore a greater capacity to cope with life's vicissitudes. Working with Developmental Anxieties in Couple and Family Psychotherapy presents both a clear theoretical framework for understanding the development of the couple and family, and a practical application for these ideas. Case studies bring the model to life through illustrating both the problems of the family or couple and the difficulties of the work. It will appeal to psychoanalysts, psychotherapists, couples and family therapists.

tavistock centre for couple relationships: More About Couples on the Couch Shelley Nathans, 2022-10-25 Following the critically acclaimed *Couples on the Couch*, this volume offers further compelling ideas about couple psychotherapy from a psychoanalytic perspective. The book well represents the foundational basis of the Tavistock model and draws deeply from the work of Freud, Klein, Bion, Meltzer and the contemporary Kleinians, while expanding the theoretical model by featuring ideas about couple relationships written from a variety of psychoanalytic frameworks. These additional frameworks include Winnicottian Theory, Fairbairn's Object Relations Theory, Link Theory, Self Psychology, Attachment Theory, Mentalization Theory, and Contemporary Relational Theory. This rich array of theoretical models, presented with exemplifying clinical material, results in a diverse assembly of papers that offer the reader an in-depth and complex view of a psychoanalytic approach to understanding and working with the dynamics of couple relationships. With clear clinical guidance, this book will be invaluable for all psychoanalysts and psychotherapists working with couples.

tavistock centre for couple relationships: 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.

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