



# Couples, Intimacy Issues, and Addiction

*Barbara Jo Brothers*

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## **Couples, Intimacy Issues, and Addiction** Barbara Jo Brothers

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.

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