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BOOK REVIEW

GETTING THE LOVE YOU WANT. A GUIDE FOR COUPLES

Harville Hendrix
Simon & Schuster of Australia Pty Ltd. Sydney

Dr Harville Hendrix is one of the world's leading marital therapists. He began his career as a therapist counselling both individuals and couples. He mentioned that he felt competent and effective with individuals, but saw the marital relationship as a complex system and he was not always capable of dealing with couples effectively. He ended up doing what most therapists did: problem-orientated contractual marriage counselling. This approach was not always useful or effective. His interest in relationship therapy started out of his own despair and disappointment after his divorce, and he had a compelling desire to make sense out of his dilemma.

He did intensive research through professional books and journals, but couldn't find any meaningful discussions of marriage, or no comprehensive theory to explain the intricacies of the male/female relationship. To fill this gap he worked with hundreds of couples in private practice and thousands more in workshops and seminars.

Out of this research and marital therapy he developed a theory of marital therapy called Imago Relationship Therapy. The approach was electric. The divorce rate in his practice declined and the couples who stayed together reported a much deeper satisfaction in their marriages.

This book is about the theory and practice of becoming passionate friends. The book is divided into three parts. Part 1 focuses on "the unconscious marriage", an emerging psychological drama, that reveals all the hidden desires and automatic behaviours that are left over from childhood and form a leading source in creating marital conflict.

Part 2 explores the "conscious marriage" and helps you to satisfy your unmet childhood needs in positive ways.

Part 3 takes on all the ideas in Part 1 & 2, compiled into a unique ten week step by step course in relationship therapy.

This book can be very valuable to all advanced psychiatric nurse practitioners in the field in facilitating a more loving and supportive relationship in couples to promote their mental health.

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