



Second Edition

Foundations of Couples, Marriage, and Family Counseling

EDITED BY
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MARK D. STAUFFER

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FOUNDATIONS OF COUPLES, MARRIAGE, AND FAMILY COUNSELING

SECOND EDITION

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Preface

Whether you are entering the field of couples, marriage, and family counseling or are a counselor who wants to be better prepared for working with couples and families, this text provides a foundational basis. *Foundations of Couples, Marriage, and Family Counseling* addresses real-life clinical concerns while providing the necessary information to keep up to date with trends in the profession and also evolving standards of professional organizations, accrediting bodies, and licensure boards. Counselors in school, mental health, rehabilitation, hospital, private practice, and a variety of other settings must be thoroughly prepared to support couples and families in their quest to be healthy, functional, and unimpaired. As the counseling profession has matured, more and more emphasis has been placed on the importance of preparing counselors to work holistically and synthesize knowledge domains from mental health, developmental, and systemic perspectives.

This textbook draws on the specialized knowledge of the authors of each contributed chapter. It is written for use in graduate level preparation programs for counselors and students enrolled in upper division undergraduate courses. Requirements of the Council for the Accreditation of Counseling and Related Educational Programs (CACREP) and other certification associations have led many university programs in counselor education to require or recommend a foundations course in couples, marriage, and family counseling for all students regardless of specialization (e.g., school, mental health, rehabilitation, career, student personnel).

Although the text addresses the history, theory, and research related to couples, marriage, and family

counseling, at least half of the emphasis in the book is placed on techniques and skills needed by the practitioner. In addition, topics connected with diversity issues, concrete reference to assessment tools, research, filial play therapy, sexuality and gender issues, addictions, violence, abuse, and trauma, and divorce and other loss issues are examples of topics that make the book engaging and of high interest to the readership. Writers experienced in couples, marriage, and family counseling were asked to contribute to the text so that the reader is provided with not only theory and research, but also, with applications so pertinent to the role of the practicing, licensed, counselor. This book also reflects the view of the editors that counselors must be prepared in a comprehensive and holistic manner since couples and family issues are so often the reason clients seek the assistance of a professional counselor.

The book is unique in both format and content. The contributed chapters format provides state-of-the-art information by experts who are nationally recognized for their expertise, research, and publications related to couples, marriage, and family counseling. The content provides readers with areas not always addressed in introductory texts. Both the format and content enhance the readability and interest for the reader and should engage and motivate graduate students in counseling and aligned professions as well as those enrolled in upper division undergraduate courses.

The book is designed for students who are taking a preliminary course and presents a comprehensive overview of the foundations for couples, marriage, and family counseling, the skills and techniques needed, and special issues in couples, marriage, and family counseling. We, as editors, know that one text cannot adequately address all the factors that comprise the complex and holistic aspects

of assisting clients who seek the assistance of a counselor. We have however attempted to provide our readers with a broad perspective based on current professional literature and the rapidly changing world we live in at this juncture of the new millennium. The following overview highlights the major features of the text.

OVERVIEW

With few exceptions, each chapter contains case studies that illustrate the practical applications of the concepts presented. Most chapters refer the reader to URL sites containing information that supplements the information already presented and are helpful to students. Professors may want to make use of the power points developed for each of the chapters as well as the instructor's manual that can be used to develop quizzes and exams on the book's content and provides ideas for individual and small group class assignments.

The text is divided into the following four parts: Essential Knowledge and Skills; Theories: History, Concepts, and Techniques; Couples Work; and Special Issues.

Part 1, Essential Knowledge and Skills ([Chapters 1–5](#)), begins with information on variations in family systems and family life cycles and provides the reader with the contextual background needed to assimilate subsequent chapters. Chapters focused on using community genograms to position culture and context in family therapy, diversity and intercultural work, assessment of families and family systems, and legal, ethical, and professional issues are included in this first section of the book.

Part 2, Theories: History, Concepts, and Techniques ([Chapters 6–11](#)), presents information about

psychodynamic, experiential and humanistic, Bowenian, structural, strategic, and systemic and behavioral approaches and applications to actual cases and case studies. All these chapters provide overviews and introduce readers to the skills and techniques that can be used in the actual counseling process.

Part 3, Couples Work ([Chapters 12-14](#)), presents information relative to key issues and interventions in couples counseling, sexuality and gender in couples counseling, and counseling couples using life cycle and narrative therapy lenses. These chapters highlight information that has relevance and application to diverse contexts.

Part 4, Special Issues ([Chapters 15-19](#)), discusses filial play therapy and other issues related to parenting, addictions and family therapy, violence, abuse, and trauma in family therapy, divorce and other loss issues in family therapy, and climate change and the role of the family counselor.

In addition to the updated content in each chapter, this second edition has a newly written chapter on assessment and a brand-new chapter on the topic of climate change and helping families mitigate, adapt, and transition during disruption.

Every attempt has been made by the editors and contributors to provide the reader with current information in each of the nineteen areas of focus. It is our hope that the second edition of *Foundations of Couples, Marriage, and Family Counseling* will provide the beginning student counselor with the basics needed for follow-up courses and supervised practice in the arena of couples and family work with clients.

Acknowledgments

We would like to thank the 45 authors who contributed their expertise, knowledge, and experience to the development of this textbook. Publications occur within the context of the authors' lives and family. We would like to thank our families and the families of the authors who provided the freedom and encouragement to make this endeavor possible. Special thanks to those authors who contributed while also dealing with matters of life and death. Our appreciation is also directed to members of the Wiley Publishing team for their encouragement and assistance with copyediting and, ultimately, the publication of this second edition.

Meet the Editors

David Capuzzi, PhD, NCC, LPC, is a counselor educator and a senior core faculty in community mental health counseling at Walden University and professor emeritus at Portland State University. Previously, he served as an affiliate professor in the Department of Counselor Education, Counseling Psychology, and Rehabilitation Services at Pennsylvania State University and scholar in residence in counselor education at Johns Hopkins University. He is past president of the American Counseling Association (ACA), formerly the American Association for Counseling and Development, and past chair of both the ACA Foundation and the ACA Insurance Trust.

From 1980 to 1984, Dr. Capuzzi was editor of *The School Counselor*. He has authored several textbook chapters and monographs on the topic of preventing adolescent suicide and is coeditor and author with Dr. Larry Golden of *Helping Families Help Children: Family Interventions With School Related Problems* (1986) and *Preventing Adolescent Suicide* (1988). He coauthored and edited with Douglas R. Gross *Youth at Risk: A Prevention Resource for Counselors, Teachers, and Parents* (1989, 1996, 2000, 2004, 2008, 2014, and 2019); *Introduction to the Counseling Profession* (1991, 1995, 1997, 2001, 2005, 2009, 2013, 2017); *Introduction to Group Work* (1992, 1998, 2002, 2006, 2010); and *Counseling and Psychotherapy: Theories and Interventions* (1995, 1999, 2003, 2007, 2011).

In addition to *Foundations of Addictions Counseling* (2008, 2012, 2016, 2020) and *Foundations of Group Counseling* (2019) published by Pearson with Dr. Stauffer, he and Dr. Stauffer have published *Career Counseling: Foundations, Perspectives, and Applications* (2006, 2012, 2019),

Foundations of Couples, Marriage and Family Counseling (2015, 2021), *Human Growth and Development Across the Life Span: Applications for Counselors* (2016), and *Counseling and Psychotherapy: Theories and Interventions* (2016).

Other texts are *Approaches to Group Work: A Handbook for Practitioners* (2003), *Suicide Across the Life Span* (2006), and *Sexuality Issues in Counseling*, the last coauthored and edited with Larry Burlew. He has authored or coauthored articles in a number of ACA-related journals.

A frequent speaker and keynoter at professional conferences and institutes, Dr. Capuzzi has also consulted with a variety of school districts and community agencies interested in initiating prevention and intervention strategies for adolescents at risk for suicide. He has facilitated the development of suicide prevention, crisis management, and postvention programs in communities throughout the United States; provides training on the topics of youth at risk and grief and loss; and serves as an invited adjunct faculty member at other universities as time permits.

An ACA fellow, he is the first recipient of ACA's Kitty Cole Human Rights Award and also a recipient of the Leona Tyler Award in Oregon. In 2010, he received ACA's Gilbert and Kathleen Wrenn Award for a Humanitarian and Caring Person. In 2011, he was named a Distinguished Alumni of the College of Education at Florida State University, and in 2016 he received the Locke/Paisley Mentorship award from the Association for Counselor Education and Supervision. In 2018 he received the Mary Smith Arnold Anti-Oppression Award from the Counselors for Social Justice (a division of ACA) as well as the U.S. President's Lifetime Achievement Award. He is the 2019 recipient of the

Lifetime Achievement Award from the Association for Counselor Education and Supervision.

Mark D. Stauffer, PhD, NCC, is a core faculty member in the clinical mental health counseling program at Walden University. He specialized in couples, marriage, and family counseling during his graduate work in the Counselor Education Program at Portland State University, where he received his master's degree. He received his doctoral degree from Oregon State University, Department of Teacher and Counselor Education. He has worked in the Portland Metro area with homeless and low-income individuals, couples, and families.

Dr. Stauffer is past president of the Association of Humanistic Counseling (AHC) and past cochair of the American Counseling Association International Committee and has recently been serving on the American Counseling Associations Climate Change Task Force. He was a Chi Sigma Iota International Fellow and was awarded the American Counseling Association's Emerging Leaders Grant, the AHC Humanistic Leadership Award, and the U.S. President's Volunteer Service Award. He is a member of the International Association of Marriage and Family Counseling (IAMFC) and Counselors for Social Justice (CSJ).

As a clinician, Dr. Stauffer has worked in crisis centers and other nonprofit organizations working with low-income individuals, couples, and families in the Portland Metro Area in Oregon. He has studied and trained in the Zen tradition and presents locally and nationally on meditation and mindfulness-based therapies in counseling. His research focus has centered on Eastern methods and East-West collaboration. In private practice, Dr. Stauffer worked with couples and families from a family systems perspective.

In addition to *Foundations of Couples, Marriage and Family Counseling* (2015, 2021), he and Dr. Capuzzi have published *Foundations of Addictions Counseling* (2008, 2012, 2016, 2020) and *Foundations of Group Counseling* (2019), *Career Counseling: Foundations, Perspectives, and Applications* (2006, 2012, 2019), *Human Growth and Development Across the Life Span: Applications for Counselors* (2016), and *Counseling and Psychotherapy: Theories and Interventions* (2016).

Meet the Contributors

Heather J. Ambrose, PhD, is a core faculty member in the School of Counseling at Walden University. Prior to coming to Walden, she served as the chair of counseling programs at Argosy University in Salt Lake City; director of clinical experience for the master of education in counseling and human development program at Lindsey Wilson College in Columbia, Kentucky; and staff clinician for counseling services at the University of Texas at San Antonio. She is a licensed clinical mental health counselor, a licensed marriage and family therapist, and an American Association for Marriage and Family Therapists (AAMFT)-approved supervisor. She has expertise in training clinical supervisors and in providing supervision for counselors-in-training and counselors seeking licensure. She currently volunteers as a leader for a youth support group for LGBTQ+ teens, where she provides positive support and mental health education to the attendees. She is current president elect for the Association for Counselor Education and Supervision. She lives in Layton, Utah, with her husband, their two rescued greyhounds, and their two cats.

Jonathan K. Appel, PhD, LIMFT, LPCC-S, LICDC-CS, CCFC, NCC, CCMHC, NCCC, ICCS, CPT, is currently a full professor in the Department of Behavioral and Social Sciences, within the School of Criminal Justice and Social Sciences at Tiffin University. Dr. Appel has worked in the field of behavioral health for almost 3 decades. He has worked with individuals, groups, families, and organizations as a counselor, psychotherapist, and clinical supervisor; director of behavioral health services; consultant; researcher; department chair; and educator. Dr. Appel has presented papers and training sessions

regionally, nationally, and internationally on such topics as workplace violence, family violence, mindfulness, substance abuse, mental illness, the psychology of terrorism, and therapeutic jurisprudence. Dr. Appel also has coauthored numerous book chapters and papers in peer-reviewed journals and is currently on the editorial board for the *International Journal of Mental Health Addiction*. He is co-owner of Mindscapes Counseling and Consulting, LLC.

Esther N. Benoit, PhD, received her MEd in marriage couple and family counseling and PhD in counselor education from the College of William and Mary in Williamsburg, Virginia. She has worked as a relationship and individual counselor in the Hampton Roads, Virginia, area since 2005. She has a small private practice specializing in relational counseling in Newport News, Virginia. She is currently faculty in the clinical mental health program at Southern New Hampshire University. Her research and clinical interests include consensual nonmonogamy, military families, and counselor education and supervision.

S. Todd Bolin, LCMHC, LMFT, RPT, is a PhD student in counselor education and supervision at the University of North Carolina at Charlotte. He earned a master's in marriage and family therapy from Converse College. He is an American Association for Marriage and Family Therapy (AAMFT) clinical fellow and approved supervisor. His clinical experience is from various mental health settings including a marriage and family teaching clinic, mental health agency, and private practice. He is an adjunct professor in the school of psychology and counseling at Gardner-Webb University, and he served as president (2018–2020) of the North Carolina Association for Assessment and Research in Counseling (NCAARC).

Brian S. Canfield, PhD, is professor of clinical mental health counseling in the Department of Counselor Education at Florida Atlantic University. He is a licensed psychologist, licensed professional counselor, and a licensed marriage and family therapist and has been in clinical practice for more than 30 years specializing in marriage counseling and couples therapy. He presents training workshops to professional groups on systemic therapy throughout the United States and internationally. Dr. Canfield is a fellow and past president of the American Counseling Association.

Montserrat Casado-Kehoe, PhD, is a middle school counselor, a licensed marriage and family therapist (LMFT), and registered play therapist (RPT). She is also an eye movement desensitization and reprocessing (EMDR), accelerated resolution therapy (ART), and trust-based relational intervention (TBRI) clinician and educator. She uses an attachment-trauma informed model when working with children and families. One of her passions is working with adoptive families. She integrates a strength-based model that includes the use of creative arts in counseling. She was a professor of counseling and supervisor for many years. Dr. Casado-Kehoe also values the need to incorporate a mind-body-spirit approach, which recognizes that healing is a sacred journey.

Yvonne O. Castillo, PhD, received her PhD in counselor education from Texas A&M University at Corpus Christi (TAMU-CC) in 2006. She obtained her MS in counseling and guidance from TAMU-CC in 2001 and her BS in secondary education from Corpus Christi State University in 1990. She is a licensed professional counselor and board-approved supervisor with 29 years of experience in public schools and higher education. Her specialized training includes dialectical behavior therapy (DBT), eye movement desensitization and reprocessing (EMDR), the

Gottman Method for couples therapy, Nurturing Parenting Programs, Rainbow Days' Faith Connection for children and youth development, Rainbow Days' Strengthening Families Program for parents and youth, Prevention and Relationship Enhancement Program (PREP), being a certified anger resolution therapist (CART), and being a mental health facilitator master trainer for the National Board of Certified Counselors (NBCC) and NBCC International. As executive director of C2 Counseling, Dr. Castillo's work includes being board president of the Coastal Bend's Coalition Against Modern Day Slavery, facilitating healthy relationship classes and positive parenting programs. She counsels and presents in English and Spanish on a diversity of topics to schools and community agencies. Dr. Castillo's interests include families and individuals affected by trauma, incarceration, and human trafficking.

Astra B. Czerny, PhD, completed her master's in community counseling in 2009 and her PhD in counseling in 2014, both degrees earned from University of North Carolina at Charlotte. She is a licensed professional counselor (LPC) in North Carolina and Pennsylvania, a national certified counselor (NCC), and a board certified telemental health provider (BC-TMH). Dr. Czerny recently worked as assistant professor at Thomas Jefferson University in the community and trauma counseling program, where she was in charge of clinical development and taught clinical, addictions, and advanced trauma intervention courses. Currently, Dr. Czerny works at Lenoir Rhyne University in Hickory, North Carolina. Dr. Czerny has had private practices in Jenkintown, Pennsylvania, and Davidson, North Carolina. She is a certified eye movement desensitization and reprocessing (EMDR) therapist and specializes in working with women, trauma, and addictions. Dr. Czerny also provides clinical supervision for counseling

graduates working toward licensure. Dr. Czerny's scholarly work reflects her passion for counseling women, trauma survivors, and underserved populations. Her larger research agenda encompasses the practical aspects of the healing and empowerment journey for victims of trauma, oppression, and abuse. She has developed and published a conceptual model of empowerment for women healing from abuse.

Judy A. Daniels, PhD, has dedicated her life work to human rights, social justice, and the empowerment of young people, persons with disabilities, and vulnerable populations. Her current focus within the counseling profession is on the intersection between the climate crisis and mental health. The World Health Organization has identified the climate crisis as one of the greatest human rights issues impacting our world and it has been recognized as the most significant challenge to humanity. In light of this threat to psychological well-being, Dr. Daniels chairs the American Counseling Association (ACA) Task Force on Climate Change and Mental Health. As a fellow and lifetime member of ACA, she has been involved with numerous task forces and committees related to human rights, portability, professional identity, and strategic planning. She is a founding member of Counselors for Social Justice (CSJ), a past president, and a former CSJ governing council representative. She is the director of the University of Hawaii rehabilitation counselor education program and has been a professor for 30 years. In her free time, she trains service dogs so that people can have the animal-assisted support they need to participate in society fully and with dignity.

Thelma Duffey, PhD, is professor and chair in the Department of Counseling at the University of Texas at San Antonio and past president of the American Counseling Association (ACA). An ACA fellow, she is currently serving