



Couple-Based Interventions for Military and Veteran Families: A Practitioner's Guide

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Presenting couple-based interventions uniquely tailored to the mental health needs of military and veteran couples and families, this book is current, practical, and authoritative. Chapters describe evidence-based interventions for specific disorders—such as posttraumatic stress, depression, and substance abuse—and related clinical challenges, including physical aggression, infidelity, bereavement, and parenting concerns. Clear guidelines for assessment and treatment are illustrated with helpful case examples; 18 reproducible handouts can be downloaded and printed in a convenient 8 1/2" x 11" size. The book also provides essential knowledge on the culture of military families and the normative transitions and adjustments they face.

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