



# Relationship Enhancement Therapy: Healing Through Deep Empathy and Intimate Dialogue

*Robert F. Scuka*

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Relationship Enhancement Therapy (RE) is a couples-therapy system conceived of, designed, and first implemented by Bernard Guerney Jr., who integrated the client-centered theory of Carl Rogers, the interpersonal theory of Henry Stack Sullivan, the behavior modification and learning theories of Skinner and Bandura, and the psychodynamic theory of Freud, in formulating RE. In this book Dr. Scuka presents an up-to-date, comprehensive theoretical and practical treatment of RE, in which he gives the reader a guide to implementing the principles of this dynamic theory. The book is written principally with couples therapy in mind, although there is an acknowledged relevance to family therapy, and the author calls attention to many skills and therapy techniques that would be applicable to family therapy. Though designed to allow a therapist of any level of experience to begin working with the RE model, this book is more than a standard cookbook, as it considers a variety of special RE therapy techniques, discusses the entire clinical intake process, the application of the RE model to the treatment of affairs, use with difficult clients, and family therapy issues such as domestic violence and stepfamilies.

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