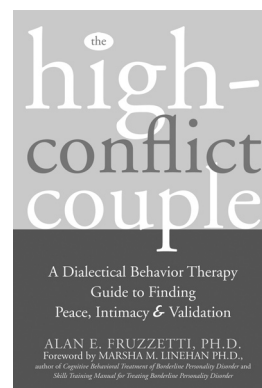


For some couples a fight is not just a fight — it's an intense screaming match where they reveal their worst selves.

And they do it over and over again.

Here's how they can learn to break their pattern and stop hurting the ones they love the most.



Call the relationship “tumultuous” if you like, or describe a couple as hot-blooded or passionate, but if what you mean is that they engage in almost constant arguments, explosions of anger, and blaming sessions then what you’re describing is a *high-conflict couple*.

In his new book *The High-Conflict Couple* (New Harbinger, \$15.95) psychologist Alan Fruzzetti, Ph.D., offers these couples more than the run-of-the-mill relationship advice. And they do require a different sort of relationship therapy, because when out-of-control emotions are the root cause of problems in a relationship no amount of effective communication or intimacy building will help.

These emotions provoke the “escape or win” mode of interaction that has come to define high-conflict couples, and they need help regulating them. Fruzzetti, a noted expert in the use of dialectical behavior therapy (DBT) in couples’ therapy, adapts this powerful set of emotion regulation tools for self-help readers. Using mindfulness and distress tolerance techniques, readers can learn how to deescalate conflict situations before they have a chance to flare into serious fights.

Other techniques in *The High-Conflict Couple* help partners in a relationship disclose their personal fears and vulnerabilities and validate each other’s experiences. Ultimately, readers who practice the techniques in this book will learn how to manage problems with negotiation, not conflict, and how to find true acceptance and closeness with their partners.

About The Author

Alan E. Fruzzetti, Ph.D., is associate professor of psychology and director of the DBT Therapy and Research Program at the University of Nevada, Reno. He provides extensive training support, supervision, and consultation for DBT practices in the United States and abroad. He is well known for his work in behavior therapy with couples, parents, and families and has authored or coauthored dozens of articles and book chapters on this and related topics. He is the coauthor with Perry Hoffman and Marsha Linehan of *Dialectical Behavior Therapy with Couples and Families*. He lives in Reno, NV.

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The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation by Alan E. Fruzzetti, Ph.D.; Foreword by Marsha M. Linehan, Ph.D.

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raves for the *high-conflict couple*

"This is a long awaited book! Fruzzetti is a master clinician who does rigorous science in order to provide those of us doing treatment and those in need of it something that works. This is hope for all of us working with individuals, couples and families who suffer. Thank you, Alan, for this timely and important work."

—**Suzanne Witterholt, MD**, distinguished fellow of the American Psychiatric Association and director of Ananda Services for Dialectical Behavior Therapy in the Department of Psychiatry at the University of Minnesota

"Fruzzetti is a leader in work with high-conflict couples and families. This much-awaited book provides an opportunity to learn his techniques and strategies, presented in his unique teaching style that is so effective. The book is a must for every DBT program as well as all those working within the field."

—**Perry D. Hoffman, Ph.D.**, president of the National Education Alliance for Borderline Personality Disorder, New York

"*The High Conflict Couple* performs a major public service. Fruzzetti's approach starts with an important principle: that dysregulated emotions are the core difficulty for high-conflict couples. From this he provides step-by-step practical methods designed to enhance acceptance, intimacy, and communication based on the latest research regarding emotion regulation and his own vast experience in working with couples and families. In essence, this is an excellent book, useful for both clinicians and couples regardless of the severity of their difficulties."

—**Thomas R. Lynch, Ph.D.**, associate professor in the Departments of Psychiatry and Psychology and Neuroscience and director of the Cognitive Behavior Research and Treatment Program, Duke University

"A warm and professional guide following in the tradition of acceptance and compassion. A book on how to handle love and stay connected even in difficult circumstances. We have waited for it!"

—**Anna Kåver**, psychologist and author with Karolinska Hospital, Stockholm, Sweden

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