



# **Brief Couples Therapy: Group and Individual Couple Treatment for Addiction and Related Mental Health Concerns**

*Gloria Chaim, Sharon Armstrong, Joanne Shenfeld*

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This is a facilitator's manual for counsellors working in substance use settings who would like to augment their practice by seeing couples. It will also be useful for couple counsellors who would like to offer a focused program for clients with substance use issues. The manual evolved from a research project at CAMH. It has been tested and reviewed by consultants, clinicians and researchers practising in the areas of mental health, substance use, and general family services and private practice. The program consists of an assessment session followed by eight sessions, each of which includes: • session guidelines • session resources • participant handouts • template for recording progress notes.

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