



# Specialty Competencies in Couple and Family Psychology (Specialty Competencies in Professional Psychology)

*Mark Stanton, Robert Welsh*

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Couples and family psychology is a broad and general specialty in professional psychology that is founded on an understanding of the human experience in a systems context. For the public, the terms "couples" and "family" provide a user friendly translation but underestimate the multifaceted perspectives required of the specialty. Specialists in couples and family psychology have developed unique assessment and treatment methods that impact behavioral and dynamic factors across individuals, couples, families, and larger social systems. In *Specialty Competencies in Couple and Family Psychology*, Mark Stanton and Robert Welsh provide a comprehensive explanation of the competencies involved in the specialty and illustrates how complexity, reciprocity, interdependence, adaptation, and self-organization are important aspects of the epistemology of a couples and family approach. As the authors underscore for the reader, the specialty of couple and family psychology is not confined to marital or family therapy, but encompasses a broad orientation to human behavior that occurs in the context of relationships as well as larger macrosystemic dynamics. The conceptualization and the application of systemic concepts to human behavior includes a body of knowledge and evidence-based interventions that require specialty training and competence. This is a must-read for all those interested in pursuing couples and family psychology specialty practice.

Series in Specialty Competencies in Professional Psychology

Series Editors

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As the field of psychology continues to grow and new specialty areas emerge and achieve recognition, it has become increasingly important to define the standards of professional specialty practice.

Developed and conceived in response to this need for practical guidelines, this series presents methods, strategies, and techniques for conducting day-to-day practice in any given psychology specialty. The topical volumes address best practices across the functional and foundational competencies that characterize the various psychology specialties, including clinical psychology, cognitive and behavioral psychology, school psychology, geropsychology, forensic psychology, clinical neuropsychology, couples and family psychology, and more. Functional competencies include common practice activities like assessment and intervention, while foundational competencies represent core knowledge areas such as ethical and legal issues, cultural diversity, and professional identification. In addition to describing these competencies, each volume provides a definition, description, and development timeline of a particular specialty, including its essential and characteristic pattern of activities, as well as its distinctive and unique features.

Written by recognized experts in their respective fields, volumes are comprehensive, up-to-date, and accessible. These volumes offer invaluable guidance to not only practicing mental health professionals, but those training for specialty practice as well.

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