

# Counselling in Relationships

INSIGHTS FOR HELPING FAMILIES  
DEVELOP HEALTHY CONNECTIONS

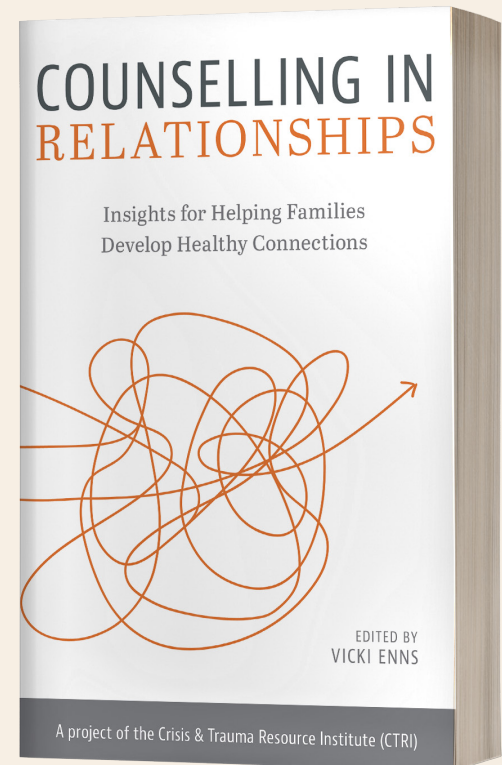
EDITED BY VICKI ENNS

**Explore guiding principles  
for working effectively with  
different types of families.**

Healthy connections in family relationships are central to human wellness and resilience. When people feel a strong sense of belonging, they are more prepared to manage life's challenges. As helpers and counsellors, we are better able to support growth and change in those we work with by considering the bigger picture of their interactions and recognizing the patterns of emotions, beliefs, and behaviours that promote and constrain their connections.

This book explores guiding principles for working effectively with families. Authors address relationship dynamics including those among parents and teens, couples, and adoptive, blended, and single parent families. Broader themes related to intergenerational trauma, race, and systemic oppression are also considered.

Each author shares stories and insights drawn from their personal experiences and research. Building on the core themes of attachment, relational resilience, and cultural diversity, the strategies they offer will guide helpers in facilitating healthy connections within relationships.



## Chapters Include

- » Parent and Teen Relationships
- » Couple Relationships
- » Immigrant and Refugee Families
- » Single Parent Families
- » Blended Families
- » Engaging Fathers
- » Adoptive Families
- » Foster Families
- » Purposeful Single Parenting
- » Indigenous Insights for All Counsellors

## Ordering Information



Counselling in Relationships  
Insights for Helping Families Develop Healthy Connections

ACHIEVE Publishing; January 2021  
\$26.99; Hardcover; ISBN – 978-1-988617-12-1  
Contact: Tyler Voth / 204-789-2452 / tyler@achievecentre.com  
www.achieve-publishing.com

## About the Authors

Each author, in addition to being a counsellor, social worker, or therapist, is a current or past trainer with CTRL. Contributing authors are Marion Brown, Sheri Coburn, Elaine Conrad, Noela Crowe-Salazar, Vicki Enns, Marwa Fadol, Carl Heaman-Warne, John Koop Harder, Jody Lambert, and Lori McIsaac Bewsher.

## Reviews

"*Counselling in Relationships* is a refreshing read and illustrates the importance of approaching counselling from a client-centred perspective."

**KATINA RUSSELL**

Clinical Case Manager, Family Plus/Life Solutions

"This book is a well-written and accessible book both for students in any helping discipline related to families, and seasoned practitioners who find themselves working with a client situation that is new for them."

**BUETTA WARKENTIN**

Associate Professor of Social Work, Booth University College

"*Counselling in Relationships* captures a wide scope of the present-day human experience from the therapist's perspective in a practical and digestible way."

**JENNIFER HEINRICHS**

Practicum Coordinator, Aurora Family Therapy Centre

"This book is laid out in an accessible, easy-to-read format and provides helpful guidance and opportunities for self-reflection throughout."

**PRABHJIT (PENNY) GILL**

Counselling Therapist, Thrive Community Support Circle

## About the Editor



Vicki holds a Master of Marriage and Family Therapy degree and is the clinical director of the Crisis & Trauma Resource Institute (CTRL). She is also an approved supervisor with the American Association for Marriage and

Family Therapy and the Canadian Association for Marriage and Family Therapy. In addition, Vicki has a private practice where she specializes in the area of trauma recovery for individuals, couples, and families. Vicki is also the editor and a contributing author of CTRL's book *Counselling Insights: Practical Strategies for Helping Others with Anxiety, Trauma, Grief, and More*.

## Counselling in Relationships

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RESOURCE INSTITUTE**

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CTRL provides training (in-person and online), consulting, books, and free resources in the areas of trauma, mental health, counselling skills, and violence prevention.

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