Bibliography for Integrative Behavioral Couple Therapy (IBCT)

Readings for therapists:


Readings for couples:


Note: this is a self-help book for couples to read during therapy.

Research on Integrative Behavioral Couple Therapy


**Website on IBCT:** [http://ibct.psych.ucla.edu](http://ibct.psych.ucla.edu)

This website contains information on IBCT (description of the approach, books and articles on it, therapists trained in it, etc). Many of the articles above are available for download at this web site.

**Demonstration tapes of IBCT with real couples available from the American Psychological Association**


**Contact information for Andrew Christensen**

Andrew Christensen, Ph.D.
Department of Psychology, UCLA
502 Portola Plaza
Los Angeles, CA 90095-1563
310-825-7732 (phone)
310-206-5895 (fax)
[Christensen@psych.ucla.edu](mailto:Christensen@psych.ucla.edu) (e-mail)

Personal website with information on Christensen: [www.drandrewchristensen.com](http://www.drandrewchristensen.com)