



# The Dilemmas of Intimacy: Conceptualization, Assessment, and Treatment

*Karen J Prager*

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Grounded in the cognitive-behavioral approach, *The Dilemmas of Intimacy* focuses exclusively on understanding, assessing, and treating common problems with intimacy. Intimacy offers both risks and rewards, which create three dilemmas that every couple must negotiate: joy vs. protection from hurt, I vs. we, and past vs. present. These dilemmas offer readers a window into the treatment of intimacy problems, and help them to structure formulations, treatment goals, and therapeutic strategies.

Unique to this book is the author's "Intimacy Signature," which is a comprehensive system for assessing couples' intimacy issues, and offers a four-step formula for translating assessment data into therapeutic strategies. Along with the book, readers will have access to a web resource page that includes the Intimacy Signature assessment: therapist worksheets (that help match presenting problems to probable intimacy dilemmas), checklists of strengths and areas of vulnerability to assist the clinician in making a prognosis, a client take-home packet, and therapist tools for intervention (including therapist-client dialogues).



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