



# Couples and Sex: An Introduction to Relationship Dynamics and Psychosexual Concepts

*Carol Martin-Sperry*

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Couples and Sex provides both a practical introduction to, and theoretical understanding of, couples dynamics and psychosexual concepts. It offers accessible and pragmatic information, using case studies throughout, and gives an increased awareness of the issues and processes relating to working with couples, both in the dynamics of what goes on between them and in the mechanics of their sexual relationship. Therapists, psychotherapists, their supervisors, and health professionals working in all settings who work with counsellors or psychotherapists, will find this essential reading.

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