



# The Stories We Tell Ourselves: Mentalizing Tales of Dating and Marriage

*J. Mark Thompson, Richard Tuch*

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*The Stories We Tell Ourselves: Mentalizing Tales of Dating and Marriage* is about the dynamics of intimate interpersonal relationships (dating and marriage) - how and why human pairings occur, what helps them function optimally and how therapists can intervene when they don't. **J. Mark Thompson** and **Richard Tuch** employ a multidimensional perspective that provides a variety of "lenses" through which intimate relationships can be viewed. The authors also offer a new model of couples therapy based on the mentalization model of treatment developed by Peter Fonagy and his colleagues.

This book is aimed at those interested in the nature of intimate relationships as well as those wishing to expand their clinical skills, whether they are conducting one-on-one therapy with individuals struggling to establish and maintain intimate relations or are conducting conjoint treatment with troubled couples who have sought the therapist's assistance. **Thompson** and **Tuch** view relationships from a wide array of different perspectives: mentalization, attachment theory, evolutionary psychology, psychoanalysis, pattern recognition (neuroscience), and role theory. A mentalization based approach to couples therapy is clearly explained in a "how to" fashion, with concrete suggestions about how the therapist goes about clinically intervening given their expanded understanding of the dynamics of intimate relations outlined in the book.

The Stories We Tell Ourselves: Mentalizing Tales of Dating and Marriage will appeal to psychoanalysts, psychotherapists, psychiatrists, psychologists, clinical social workers, marriage therapists, and all those interested in both learning more about the dynamics of one-on-one intimate relationships (dating and marriage) from a truly multidimensional perspective and in learning how to conduct mentalization-based couples therapy.

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