March 30, 2017
On Solid Ground: Exploring Strategies to help Clients Create and Maintain Healthy Relationships

Additional Resources:

Articles:


**Books:**


**Links:**

Psychology Today: 50 Characteristics of a Healthy Relationship

WesPsych: 15 Traits of a Healthy Relationship
Youth.Gov Characteristics of Healthy & Unhealthy Relationships
http://youth.gov/youth-topics/teen-dating-violence/characteristics

The National Domestic Violence Hotline
http://www.thehotline.org/

ArmyOneSource Family Advocacy Program Information
https://myarmyonesource.com/FamilyProgramsandServices/FamilyPrograms/FamilyAdvocacyProgram/default.aspx

ArmyOneSource Victim Advocacy Program Information
https://myarmyonesource.com/FamilyProgramsandServices/FamilyPrograms/FamilyAdvocacyProgram/TipsfortheHome/default.aspx

National Coalition Against Domestic Violence
http://www.ncadv.org/

Love is Respect
http://www.loveisrespect.org/

Break the Cycle
http://www.breakthecycle.org/

NCADV Resources & Hotline Information
http://www.ncadv.org/learn-more/resources

**Podcasts:**

Single but Ready Podcast: Habits for Healthy Relationships
http://www.stitcher.com/podcast/single-but-ready-podcast-habits-for-healthy-relationships

Relationships, Sex, Dating and Marriage Advice Podcast
http://www.stitcher.com/podcast/i-do-podcast

Top Relationship Podcasts per Player.fm
https://player.fm/featured/relationship

10 Relationship Podcasts to List to when you don’t have time to go to Couple’s Therapy
The Headspace Think Yourself Healthy Podcasts: Relationships
https://www.theguardian.com/lifeandstyle/audio/2012/jan/09/audio-headspace-relationships