Abstract
Introduction: The couple is a system with special elements, and the psychotherapist must approach it as such. Objective: To present conceptual aspect of the human couple, showing fundamental elements, using systemic theory as reference framework and with emphasis on the context. Development: Couple therapy fundamentals, i.e. its structure, indications and contraindications are discussed, as well as those features that the couple therapist must take into account when conducting the sessions. Conclusions: Couple therapy should be acknowledged as a field with its own elements and although these are related to the concepts applicable to family therapy, it must be separated from these concepts. The therapist has to use methods that respect the beliefs, values and history of both parts of the couple.

Keywords
Couple therapy, systemic theory.