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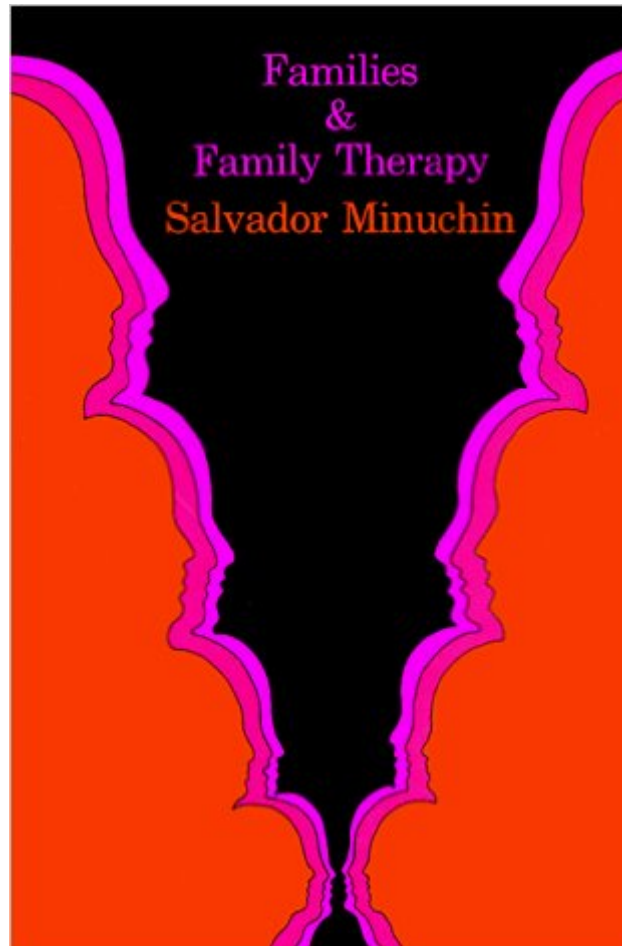
Families And Family Therapy

Synopsis

No other book in the field today so fully combines vivid clinical examples, specific details of technique, and mature perspectives on both effectively functioning families and those seeking therapy. The views and strategies of a master clinician are presented here in such clear and precise form that readers can proceed directly from the book with comparisons and modifications to suit their own styles and working situations. Dr. Salvador Minuchin presents six chapter-length transcripts of actual family sessionsâ •two devoted to ordinary families who are meeting their problems with relative success; four concerned with families seeking help. Accompanying each transcript is the authorâ ™s running interpretation of what is taking place, laying particular stress on the therapistâ ™s tactics and maneuvers. These lively sessions are interpreted in a brilliant theoretical analysis of why families develop problems and what it takes to set them right. The author constructs a model of an effectively functioning family and defines the boundaries around its different subsystems, whether parental, spouse, or sibling. He discusses ways in which families adapt to stress from within and without, as they seek to survive and grow. Dr. Minuchin describes methods of diagnosing or â œmappingâ • problems of the troubled family and determining appropriate therapeutic goals and strategies. Different situations, such as the extended family, the family with a parental child, and the family in transition through death or divorce, are examined. Finally, the author explores the dynamics of change, examining the variety of restructuring operations that can be employed to challenge a family and to change its basic patterns.

Book Information

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Customer Reviews

Sal Minuchin is known as the primary theoretician behind Structural Family Therapy. Structural Therapy is especially helpful with families that have inappropriate boundaries or that have dysfunctional marital dyads. This book explains the concepts behind the theory and helps the clinician understand how to put the therapy into practice. The book is well written and easy to read.Even if a therapist is primarily working with another counseling theory, this is an important book to have read and to have as part of the therapeutic repetoire.

I purchased this book for a graduate course in Couples and Family Systems. If anyone wants to learn a great deal about structural family therapy, I highly recommend this book. It is extremely informative and very readable. It's amazingly enlightening- Minuchin discusses how problems that are regarded as genetic or biological are really manifestations of dysfunctional families,e.g. anorexic women are a product of couples who withhold their feelings.

Provides the rationale for Munuchin's approach to Family Therapy. Plenty of actual session transcriptions that demonstrate the principles described. Easy to read and understand

Great resource. Learning a lot. Highly recommended reading for families that are struggling. Also a good reference for students studying the subject.

This book rocked me and made me pursue a career in MFT.I highly recommend this simple and clear book to any therapist looking for a systematic overview of family therapy.Read it!

Was happy to see that the product came exactly as described. Fast shipping. Very pleased with the quality and price of this book. Thank you!

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