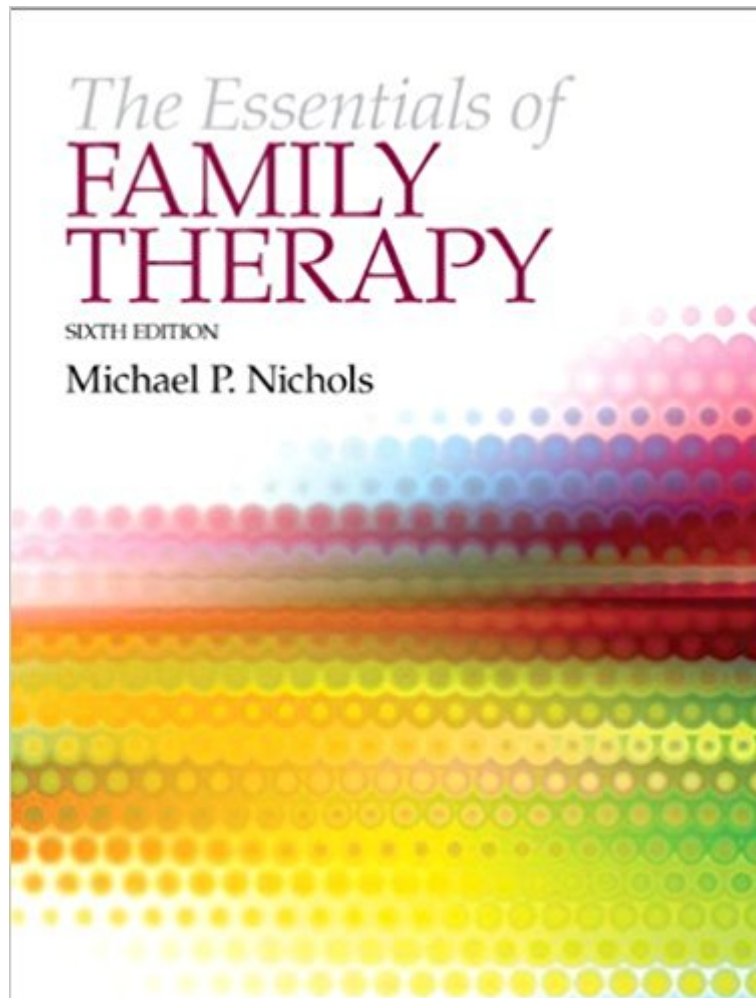




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# **The Essentials Of Family Therapy (6th Edition)**



## Synopsis

Illustrates family therapy techniques. With its clinical focus and extremely practical presentation, *The Essentials of Family Therapy*, 6/e examines the rich history, classic schools, and latest developments in family therapy. The sixth edition is edited to focus more on the contemporary clinical practice and case studies illustrating family therapy techniques. Written by a leading family therapist, descriptions of the various models are based on actual experience.

**Learning Goals** Upon completing this book, readers will be able to:

- Utilize various family therapy techniques.
- Recognize the techniques of successful contemporaries in the field.
- Understand why research has failed to influence clinical practice.

## Book Information

Paperback: 336 pages

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Average Customer Review: 4.1 out of 5 stars 70 customer reviews

Best Sellers Rank: #21,517 in Books (See Top 100 in Books) #57 in Books > Textbooks > Medicine & Health Sciences > Medicine > Clinical > Psychiatry #68 in Books > Health, Fitness & Dieting > Psychology & Counseling > Psychiatry #68 in Books > Politics & Social Sciences > Politics & Government > Public Affairs & Policy > Social Services & Welfare

## Customer Reviews

Michael P. Nichols has been a leading teacher and practitioner of family therapy for 40 years. He trained with Salvador Minuchin and Murray Brown and has worked with many leaders of the various schools. He has written a number of books, including the most respected textbook in family therapy, *Family Therapy: Concepts and Methods*, as well as the best-selling *The Lost Art of Listening*, and, most recently, *Assessing Families and Couples: From Symptom to System* (with Salvador Minuchin and Wai-Yung Lee). He currently teaches at the College of William and Mary. He is also a national champion powerlifter.

This was one of the required texts for my Advanced Theory class in Marriage and Family Therapy. I

actually read this one cover to cover! I was pleased with the level of detail and clear and concise way each of the major theories were presented. Each chapter contains several case studies used to illustrate the various concepts and interventions that distinguish each of the approaches. In addition to learning the origins of the field from Bowen, Satir, and Minuchin, the newer solution-focused and narrative approaches are included as well plus a discussion on integrating approaches into a unique, cohesive, and meaningful approach. I found this book to be more insightful than my introduction to theory text and recommend it to anyone interested in learning more about marriage and family therapy.

Great book. I love the easy and clear read. Everything is well organized into each section. There is enough information on all types of therapy with the family. The only thing is that it's an expensive book. I rented mine...and wished I had more money to buy mine. When I have more money I might consider buying myself a copy of this. Highly recommend for Beginners and people that are rusty in this practice.

This was a required book for a class and we never once discussed this book. Although, it does have good historical information in it.

This book is dry but does provide the basics.. It is your standard text book.

Pages 179-194 are upside down and cut off. I would return and request another but I am in the middle of taking classes and I cannot be without my book. But this is a inconvenience to say the least.

It has what you need for theories, but it is like any other textbook.

I am currently taking a Family Therapy course and I mistakenly bought this book. After buying the required text and examining the two, I decided that this one was a "keeper." The authors are practioners in the field who have accumulated years of wisdom and knowledge about how the family functions. They do an excellent job of presenting the major treatment paradigms, without injecting their own biases into the explanation. I found this book to be immensely readable, and easy to digest and apply. I have been using this book more than the required text for the simple reason that it is very well organized, the theoretical presentations well thought out, and the writing style is warm

and engaging. I definitely recommend this book. No way I will resell this one.

Good description of different models of family therapy. Easy to understand. I would have liked to read more about practical casework, but the book is a good introduction into the subject matter.

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