

# Families and Family Therapy



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This special edition of the classic text includes a new introduction from Professor Arlene Vetere exploring its continuing influence on contemporary practice. One of family therapy's foundational texts, *Families and Family Therapy* is as relevant today as ever. Dr Minuchin looks especially at the therapist's role and tactics, presenting the views and strategies of a master clinician in a clear and practical form. Transcripts of actual family sessions - both with families meeting their problems fairly successfully and those seeking help - are accompanied by a running interpretation of what is taking place. Constructing a model of an effectively functioning family and defining the boundaries around its different subsystems, whether parental, spouse, or sibling, the book explores the ways in which families adapt to stress from within and without, as they seek to survive and grow. Combining vivid clinical examples, specific details of technique, and mature perspectives on both effectively functioning families and those seeking therapy, this is an important text for all those interested in the theory and practice of family therapy.

作者介绍:

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