Table of Contents

FULL TABLE OF CONTENTS

PART ONE The Context of Family Therapy

Introduction The Foundations of Family Therapy
The Myth of the Hero
Psychotherapeutic Sanctuary
Family versus Individual Therapy
Psychology and Social Context
Thinking in Lines, Thinking in Circles
The Power of Family Therapy
Recommended Readings

Chapter 1: The Evolution of Family Therapy
The Undeclared War
Small Group Dynamics
The Child Guidance Movement
Research on Family Dynamics and the Etiology of Schizophrenia
Gregory Bateson?Palo Alto
Theodore Lidz?Yale
Lyman Wynne?National Institute of Mental Health
Role Theorists
Marriage Counseling
From Research to Treatment: The Pioneers of Family Therapy
John Bell
Palo Alto
Murray Bowen
Nathan Ackerman
Carl Whitaker
Ivan Boszormenyi-Nagy
Chapter 2: Basic Techniques of Family Therapy

Getting Started

The Initial Telephone Call

The First Interview

The Early Phase of Treatment

The Middle Phase of Treatment

Termination

Family Assessment

The Presenting Problem

Understanding the Referral Route

Identifying the Systemic Context

Stage of the Life Cycle

Family Structure

Communication

Drug and Alcohol Abuse

Domestic Violence and Child Abuse

Extramarital Affairs

Gender

Culture

The Ethical Dimension

Family Therapy with Specific Presenting Problems

Marital Violence

Sexual Abuse of Children

Working with Managed Care

Summary

Recommended Readings

References

Chapter 3: The Fundamental Concepts of Family Therapy Cybemetics
PART TWO The Classic Schools of Family Therapy

Chapter 4: Bowen Family Systems Therapy

Sketches of Leading Figures

Theoretical Formulations

Differentiation of Self

Emotional Triangles

Multigenerational Emotional Processes

Sibling Position

Emotional Cutoff

Societal Emotional Process

Normal Family Development

Development of Behavior Disorders
Chapter 7: Experimental Family Therapy
Sketches of Leading Figures
Theoretical Formulations
Normal Family Development
Development of Behavior Disorders
Goals of Therapy
Conditions for Behavior Change
Therapy
Assessment
Therapeutic Techniques
Evaluating Therapy Theory and Results
Summary
Recommended Readings
References

Chapter 8: Psychoanalytic Family Therapy
Sketches of Leading Figures
Theoretical Formulations
Freudian Drive Psychology
Self Psychology
Object Relations Theory
Normal Family Development
Development of Behavior Disorders
Goals of Therapy
Conditions for Behavior Change
Therapy
Assessment
Evaluating Therapy Theory and Results
Summary
Recommended Readings
References
Chapter 13: Comparative Analysis

Theoretical Formulations

Families as Systems
Stability and Change
Process/Content
Monadic, Dyadic, or Triadic Models
Normal Family Development
Development of Behavior Disorders
Inflexible Systems
Pathologic Triangles

Therapy
Assessment
Decisive Interventions

INTEGRATIVE MODELS
Eclecticism
Selective Borrowing
Specially Designed Integrative Models
Integrative Problem Centered Metaframeworks
The Narrative Solutions Approach
Integrative Couples Therapy
Dialectical Behaviorism

Other Integrative Models
Models Designed for Specific Clinical Problems
Working with Family Violence
Community Family Therapy

Summary

Recommended Readings
References

Chapter 14: Research on Family Intervention

Research and Practice: Worlds Apart

Methodological Challenges in Studying the Effectiveness of Family Therapy

Research Findings on the Effectiveness of Family Focused Interventions

Family Therapy Process Research

Future Directions

Recommended Readings

References

Appendix A RECOMMENDED READINGS

Appendix B GLOSSARY

Name Index

Subject Index