



Family Therapy: History, Theory, and Practice (5th Edition) (Merrill Counseling)

By Samuel T. Gladding

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The most thorough and well-written text in the field, *Family Therapy: History, Theory, and Practice*, covers all aspects of working with families. Beginning with an explanation of how individual and family life cycles differ and how healthy and dysfunctional families operate regardless of structure or ethnicity, the author clearly covers the basic processes involved in treating couples and families before delving into a dozen theoretical ways of treating families. Readers will learn about the history of family therapy, multicultural aspects of family therapy, ways of working with various types of families, ethical and legal issues involved in family therapy, and ways of assessing families.

Thoroughly updated and revised, the fifth edition is logically organized into three sections—Understanding Families and Family Dynamics, Therapeutic Approaches to Working with Families, and Professional and Clinical Issues in Family Therapy. Each chapter has an abundance of examples and case studies, and discussion questions included at the end of each chapter help to engage class participation.

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Editorial Review

From the Publisher

An accessible, comprehensive text focusing on multiple aspects of family therapy, including coverage of special family forms such as single parent, remarried families, and culturally diverse families. Students are introduced to the various ways families develop and characteristics of healthy and dysfunctional families. They examine the rationale and history of family therapy, general processes, and major therapeutic approaches...and explore issues and dynamics associated with working with special family forms. Finally, ethical, legal, and professional issues are addressed, followed by chapters on research and developing trends in family therapy.

From the Back Cover

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New to This Edition

- **NEW!** Clearly presents the developmental process of working with families **from early, middle, and late stages of therapy** so students get a sense of what all approaches have in common (Ch. 7).
- **NEW! More examples and case studies** included so students understand how techniques and processes work with families in a demonstrative way (Chs. 9-14).
- **NEW! Chapter 16** now covers the **main clinical areas associated with family therapy**, introducing students to the dynamics of family dysfunctions—including abuse, depression, and infidelity—and how to help families regain health and stability.
- **NEW! An expanded summary section in each chapter** helps students quickly and accurately review major points.
- **NEW!** Expanded focus on **luminaries in the field of family therapy**, including some notable women, such as **Insoo Kim Berg** and **Michelle Weiner-Davis**.
- **NEW!** Additional coverage on **multisystemic family therapy**, highlighting for students how this type of therapy is used in clinical settings (Part II).
- **NEW!** Enhanced discussion on **select assessment instruments**, with more specific information on the usefulness of these measures and how they are used in a clinical setting (Ch. 17).

“The author does a tremendous job building an argument for family approaches to problems faced by both individual and families alike. The author uses a good mix of text, diagrams, figures, bulleted lists as well as poetry and pictures....I do believe my students read Gladding’s text and attempt to digest the material.”

--William O'Connell, Xavier University

About the Author

Samuel T. Gladding is chair of and a professor in the Department of Counseling at Wake Forest University. He is a Fellow in the American Counseling Association (ACA) and served as its president in 2004-2005. He is the author of numerous publications, including over two dozen books on counseling.

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