

An Introduction to Family Therapy: Systemic Theory and Practice

Rudi Dallos, Ros Draper



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An Introduction to Family Therapy: Systemic Theory and Practice Rudi Dallos, Ros Draper The fourth edition of the bestselling An Introduction to Family Therapy provides an overview of the core concepts informing family therapy and systemic practice, covering the development of this innovative field from the 1950s to the present day. The book considers both British and International perspectives and includes the latest developments in current practice, regulation and innovation, looking at these developments within a wider political, cultural and geographical context. The fully revised fourth edition also contains new material on: EXPANDED Chapter 4 'Ideas that keep knocking on the door'-updated with applications of attachment & narrative therapy, linking these ideas to issues of developing the therapeutic alliance with families EXPANDED Chapter 5 'Systemic Formulation'- updated with a view of formulation as a core skill in many therapeutic models, and an alternative to diagnosis EXPANDED Chapter 6 '21st Century Practice Development'- updated to include cutting edge innovations in the field, such as integrative practice EXPANDED Chapter 7 'Couple Therapy'- updated to include the more recent process and outcome research in the models, making link with current systemic practice and using more illustrative examples and highlighting how Relate has changed EXPANDED Chapter 8 'Research and Evaluation'- updated with a greater range or research methods and contemporary emphasis on evidence based practice Greater focus on key family therapy skills throughout the book in the updated 'Formats of Exploration' feature in each chapter Expanded lists of key texts and diagrams, suggested reading organized by topic, and new practical examples and exercises are also used in order to encourage the reader to explore and experiment with the ideas in their own practice. This book is key reading for students and practitioners of family therapy and systemic practice as well as those from the fields of counselling, psychology, social work and the helping professions who deal with family issues.

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