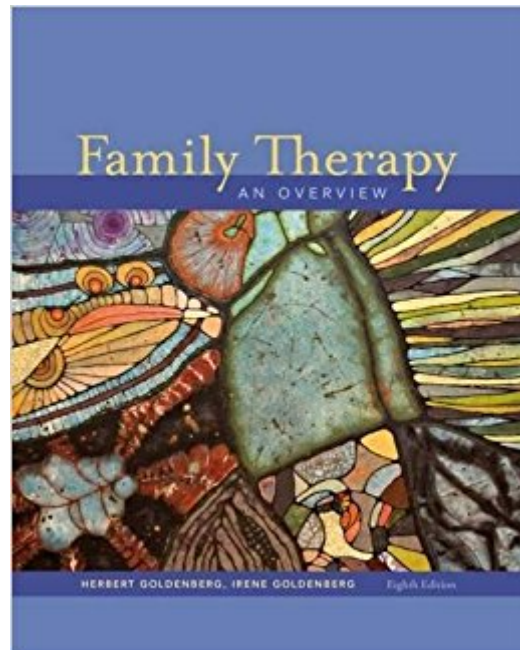




The book was found

Family Therapy: An Overview



Synopsis

FAMILY THERAPY provides a balanced presentation of the major theoretical underpinnings and clinical practices in the field. By presenting an overview of traditional and evolving viewpoints, perspectives, values, intervention techniques, and goals of family therapy, Herbert and Irene Goldenberg provide current, relevant, practice-oriented content laying the foundation for students to become proficient family therapists. This edition reflects the Goldenbergs' commitment to providing students with not only traditional family therapy theoretical frameworks but also the field's evolving models of practice. It is the complete resource for assisting students in mastering the many facets of family therapy. For this edition, Michael White, founder of Narrative Therapy, has written a new foreword for the book.

Book Information

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Customer Reviews

Herbert Goldenberg was Professor Emeritus of Psychology at California State University, Los Angeles, where he developed and taught classes in family therapy. Together with Irene Goldenberg he was awarded the 2007 American Family Therapy Academy lifetime achievement award for family therapy. He also held membership in the American Association for Marriage and Family Therapy, the American Family Therapy Academy, and the Family Therapy division of the American Psychological Association. He was also elected fellow in that APA division. The Goldenbergs co-authored another book published by Brooks/Cole, COUNSELING TODAY'S FAMILIES, Fourth Edition. Irene Goldenberg is Professor Emeritus of Psychology in the Department of Psychiatry at

the UCLA Neuropsychiatric Institute. She served as Associate Chairperson of that department and as Director of Psychological Services for many years, and continues to teach marriage and family therapy courses to psychologists, psychiatrists, and social workers there. She currently supervises doctoral students and directs the family therapy program at the VA Greater Los Angeles Healthcare System. Together with Herbert Goldenberg, Dr. Goldenberg was awarded the 2007 American Family Therapy Academy lifetime achievement award for family therapy. She also holds membership in the American Association for Marriage and Family Therapy, the American Family Therapy Academy, and the Family Therapy division of the American Psychological Association. She has been elected fellow in that APA division. She is co-author of another book published by Brooks/Cole, COUNSELING TODAY'S FAMILIES, Fourth Edition.

I had this book assigned as required reading in two different classes during my masters program. The second time I read the whole thing cover to cover and learned a ton of very useful information. That being said you may find this book lacking or confusing in a few instances if you don't have a professor handy to answer questions. The section on CBT with families has a highly behavioral stance with limited info on cognitive aspects. Some theories are better explained than others.

I found this book to be as expected as far as text books go. It reads slowly, and can be very dry at times, though the information provided is pretty thorough. My biggest issue with this book is that there are no contraindications, limitations, or criticisms given for any of the models or techniques.

most of the people in my class had a terrible time doing the reading from this text. i just don't think they liked having to do reading in general. it's dense, don't get me wrong, but it's dense because it's solid information. i honestly feel like i have a grasp of family systems therapy, from structural to strategic, and even transgenerational. i like stuff like this, though, because i like seeing how different theories would explain my dysfunctional family.

Provided a broad overview of each topic presented then through lecture it was better explained and understood. Overall the book was helpful.

Dry and boring. Repetitive. I hope I don't fail my class this term.

Required text for grad school

This book goes over multiple therapies and theories which can be very beneficial to someone with some familiarity with family therapy. As someone who doesn't have a background in therapy, the reading was a bit difficult since I wasn't familiar with the language. Thought it was informational, the language could have been a bit watered down.

Another great book that you will want to keep even after your studies are over for family therapy. Great references inside.

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