Contents

Foreword ix
Introduction xiii

1 The Development of Family Therapy 1
   Family therapy’s early years 1
   1990s and the new millennium 9
   Summary 13
   References 14

2 Healthy Families and Their Development 19
   Ethnic variations 21
   The functions of families 21
   Family development 22
   The clinical importance of family developmental stages 23
   Optimal family functioning 24
   Summary 26
   References 26

3 Some Basic Theoretical Concepts 27
   Theories derived from individual and group psychotherapy 27
   Other theories that have been used in family therapy 28
   Other concepts and terms 41
   Summary 46
   References 46

4 Adopting and Refining a Model of Family Therapy 50
   The nature of theories and models 50
   Developing your model of family therapy 52
   Selecting and adapting a model of family therapy 54
   Summary 54
   References 55

5 Models for the Assessment of Families 57
   Critical distinctions in assessment 58
   Conceptual approaches to family assessment 59
   The Beavers Systems Model of Family Functioning 64
   The Darlington Family Assessment System 66
   Respective utility of family assessment models 67
Contents

Summary 68
References 68

6 The Family Diagnostic Interview 70
  The initial contact 70
  Joining the family and establishing rapport 71
  Defining the desired outcome 75
  Reviewing the family’s history, determining its developmental stage and constructing a genogram 75
  Assessing the current functioning of the family 79
  Developing a diagnostic formulation 83
  Offering the family feedback and recommendations 84
  Discussing and arranging the next step 85
  Feedback to referring professionals 86
  Summary 86
  References 87

7 Establishing Treatment Goals 88
  Defining the desired state 89
  Intermediate and final goals 92
  Motivating families to consider and set objectives 92
  Summary 93
  References 94

8 When Is Family Therapy Indicated? 95
  Basic criteria for employing family therapy 96
  Differing views on the place of family therapy 97
  Some views on indications 98
  The ‘decision tree’ 100
  Contraindications for family therapy 103
  Summary 105
  References 106

9 Practical Points in the Treatment of Families 108
  Involving reluctant family members 108
  Maintaining a therapeutic alliance 113
  Involving children in family sessions 115
  The therapist’s use of self 118
  Transference issues 118
  Contracts 119
  The spacing of sessions 119
  Confidentiality 120
  Observers 121
  Co-therapy 123
  Summary 125
  References 125
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td>Common Family Problems and Their Treatment</td>
<td>127</td>
</tr>
<tr>
<td></td>
<td>Introduction</td>
<td>127</td>
</tr>
<tr>
<td></td>
<td>Task accomplishment problems</td>
<td>127</td>
</tr>
<tr>
<td></td>
<td>Serious basic task accomplishment problems</td>
<td>132</td>
</tr>
<tr>
<td></td>
<td>Communication problems</td>
<td>134</td>
</tr>
<tr>
<td></td>
<td>Poorly defined and dysfunctional role patterns</td>
<td>137</td>
</tr>
<tr>
<td></td>
<td>Summary</td>
<td>144</td>
</tr>
<tr>
<td></td>
<td>References</td>
<td>144</td>
</tr>
<tr>
<td>11</td>
<td>Complex Problems and Second-Order Change</td>
<td>147</td>
</tr>
<tr>
<td></td>
<td>Interrupting problem patterns</td>
<td>147</td>
</tr>
<tr>
<td></td>
<td>Techniques focusing on changing meaning</td>
<td>156</td>
</tr>
<tr>
<td></td>
<td>The use of humour</td>
<td>161</td>
</tr>
<tr>
<td></td>
<td>Strategic teams</td>
<td>162</td>
</tr>
<tr>
<td></td>
<td>A second-order cybernetic approach: therapy as conversation</td>
<td>163</td>
</tr>
<tr>
<td></td>
<td>Summary</td>
<td>167</td>
</tr>
<tr>
<td></td>
<td>References</td>
<td>168</td>
</tr>
<tr>
<td>12</td>
<td>Other Therapeutic Approaches</td>
<td>172</td>
</tr>
<tr>
<td></td>
<td>Experiential approaches</td>
<td>172</td>
</tr>
<tr>
<td></td>
<td>Video playback</td>
<td>175</td>
</tr>
<tr>
<td></td>
<td>Family music therapy</td>
<td>175</td>
</tr>
<tr>
<td></td>
<td>Family art therapy</td>
<td>176</td>
</tr>
<tr>
<td></td>
<td>Family play therapy</td>
<td>177</td>
</tr>
<tr>
<td></td>
<td>Family resilience and ecological interventions</td>
<td>178</td>
</tr>
<tr>
<td></td>
<td>Family therapy and serious mental illness</td>
<td>182</td>
</tr>
<tr>
<td></td>
<td>Mindfulness practices</td>
<td>186</td>
</tr>
<tr>
<td></td>
<td>Innovative formats for service delivery</td>
<td>187</td>
</tr>
<tr>
<td></td>
<td>Conclusion</td>
<td>190</td>
</tr>
<tr>
<td></td>
<td>References</td>
<td>190</td>
</tr>
<tr>
<td>13</td>
<td>A Method of Therapy</td>
<td>199</td>
</tr>
<tr>
<td></td>
<td>Treatment by stages</td>
<td>200</td>
</tr>
<tr>
<td></td>
<td>Termination in family therapy</td>
<td>211</td>
</tr>
<tr>
<td></td>
<td>Summary</td>
<td>212</td>
</tr>
<tr>
<td></td>
<td>References</td>
<td>213</td>
</tr>
<tr>
<td>14</td>
<td>Couple Therapy</td>
<td>215</td>
</tr>
<tr>
<td></td>
<td>The history of couple therapy</td>
<td>215</td>
</tr>
<tr>
<td></td>
<td>General considerations in couple therapy</td>
<td>217</td>
</tr>
<tr>
<td></td>
<td>Current approaches to couple therapy</td>
<td>220</td>
</tr>
<tr>
<td></td>
<td>Divorce therapy and mediation</td>
<td>227</td>
</tr>
<tr>
<td></td>
<td>Sex therapy</td>
<td>228</td>
</tr>
<tr>
<td></td>
<td>Summary</td>
<td>230</td>
</tr>
<tr>
<td></td>
<td>References</td>
<td>231</td>
</tr>
</tbody>
</table>
Contents

15 Terminating Treatment and Dealing with Treatment Interruptions 236
   Treatment contracts 236
   Open contracts 237
   Indications for ending treatment 238
   How to terminate treatment 241
   Termination tasks and ritual 243
   Emotional and psychological aspects of termination 243
   Follow-up 244
   Dealing with treatment interruptions 245
   Summary 246
   References 247

16 Teaching and Learning Family Therapy 248
   Who learns family therapy? 250
   The different possible learning experiences 251
   Methods of learning family therapy 251
   Audiovisual aids 253
   Objectives 254
   Learning family therapy skills 255
   The content of training 256
   Supervision 257
   Learning to supervise 258
   Consultation 260
   Summary 263
   References 263

17 Research in Family Therapy 265
   Why is family therapy research important? 266
   Is family therapy effective? 266
   What makes family therapy effective? 267
   Is family therapy cost-effective? 270
   How can practitioners be more involved in research? 270
   Summary 271
   References 272

18 Ethics and Family Therapy 275
   Informed consent 277
   Therapists’ values 278
   Confidentiality 279
   Ethical decision making 281
   Keeping informed and up to date 283
   Ethical issues in family therapy research 283
   Summary 284
   References 284

Appendix 286
Index 291