## **C**ONTENTS

Pre	Preface	
Ack	nowledgments	xxiii
Part I: Introduction and Background		
1.	The History of Family Therapy: Conceptual	
	and Clinical Influences	3
	The Progressive Era and Emerging Concerns About the Family	5
	The Emergence of Professional Social Work	7
	Charity Organization Society	7
	Settlement House Movement	8
	The Early Research on Group Dynamics	9
	The Marriage Counseling Movement	9
	The Child Guidance Movement	10
	From the Autonomous Self to the Relational Self: Changing	
	Perspectives in Psychodynamic Theory	11
	Freud and Psychoanalytic Theory	11
	Alfred Adler and Individual Psychology	12
	Harry Stack Sullivan, Frieda Fromm-Reichmann,	
	and Interpersonal Analysis	12
	The Impact of Sociological Theory in	
	the History of Family Therapy	14
	Structural/Functional Theory	14
	Symbolic Interactionism	15
	Systems, Cybernetics, Communications, and Ecological Theories:	
	Their Impact on Family Therapy	16
	Systems and Cybernetics Theory	17
	Mental Research Institute and Communication Systems Theory	18

Schizophrenia and the Family System: Areas of Research	21
Theodore Lidz: Schizophrenia and Disturbed Marital Relationships	21
Murray Bowen: Schizophrenia as a Family Process	22
Lyman Wynne at the National Institute of Mental Health	23
Research to Practice: Clinical Applications	24
Moving Through the Generational History	
of Family Therapy Approaches	24
First-Generation Family Therapies: Structural/	
Functional Practice Models	26
Nathan Ackerman and Psychodynamic Family Therapy	27
Ivan Boszormenyi-Nagy and Contextual Family Therapy	28
John Elderkin Bell and Group Family Therapy	28
Salvador Minuchin and Structural Family Therapy	29
First-Generation Family Therapies: Communicative/Interactive	
Practice Models	29
Carl Whitaker and the Symbolic Experiential Approach	30
Virginia Satir and Humanistic Family Therapy	30
Jay Haley and Strategic Family Therapy	31
The Milan Group	31
Gender and Multicultural Issues: A Critique of	
First-Generation Family Therapies	32
Gender and Family Therapy	33
Multiculturalism and Family Therapy	33
The Ecological Systems Perspective: Broadening the View of the Family	34
Postmodern Thought and Second-Generation Family Therapies	36
Solution-Focused Approach	38
Narrative Approach	38
The Emerging Third-Generation Perspective: Evidence-Based Approaches	38
SUMMARY	39
RECOMMENDED READINGS	41
DISCUSSION QUESTIONS	41
REFERENCES	41
The Ecology of Families: A Systems/Developmental Perspective	45
The Changing Family	47
The Myth of the Declining Family	51
A Working Definition of the Family	52
The Social Ecology of Families	54
A Systems Approach to Understanding Families	57
Principles of Systems Theory	59
The Whole Is Greater Than the Sum of Its Parts	59
The Interdependence of Family Relationships	60

2.

	Circular Causality	60
	Family Homeostasis	61
	Family Boundaries and Subsystems	61
	Family Roles	62
	Family Rules	63
	Strategies for Maintaining the Family System	63
	Identity Formation	63
	Socialization Tasks	64
	Boundary Maintenance Tasks	64
	Promoting the Health and Welfare Task	64
	The Family Life Cycle	65
	Stages of Family Development	67
	Marriage/Couple/Pair Bonding	68
	Families With Young Children	69
	Families With School-Aged Children	70
	Families With Teenagers	71
	Families With Young People Leaving Home	71
	Boomerang Stage	72
	Middle-Aged Parents	72
	Aging Family Members	72
	Family Stress: An Integration of Systems and Developmental Theory	73
	The Circumplex Model	75
	Family Cohesion	75
	Family Flexibility	76
	Family Communication	76
	Characteristics of Healthy and Dysfunctional Families	76
	SUMMARY	77
	RECOMMENDED READINGS	78
	DISCUSSION QUESTIONS	78
	REFERENCES	79
3.	Ethnicity and Family Life	83
	Culture, Race, and Ethnicity	84
	Understanding Culture	85
	Race Versus Ethnicity	86
	The Complexity of Ethnic Identity	88
	Ethnicity as Culture	89
	Ethnicity as Identity	90
	Ethnicity as Minority Status	90
	Enculturation, Acculturation, and Family Ethnic Identity	93
	The Experience of Ethnic Minority Families	94
	Asian Americans	94

Demographics	94
The Model Minority	96
Traditional Cultural Values	97
Immigration and Acculturation	98
Family Help-Seeking Patterns and Behaviors	99
Native Americans	101
Demographics	101
History of Oppression	103
Family Help-Seeking Patterns and Behaviors	106
Latino Americans	107
Demographics	107
Ethnic Identity: Hispanic or Latino?	109
Language as a Shared Identity	110
Latinos: A Racially Mixed Ethnic Group	111
Cultural Values in Relation to Family Structure	111
Spirituality and Spiritualism	113
Help-Seeking Patterns in Latino Families	114
African American Families	115
Defining the African American Family	115
What Is in a Name?	116
Cultural Values in Relation to Family Structure	117
Family Help-Seeking Patterns and Behaviors	122
SUMMARY	123
RECOMMENDED READINGS	124
DISCUSSION QUESTIONS	125
REFERENCES	125
Part II: Models of Family Therapy	
4. Communications/Humanistic Family Therapy	135
Background and Leading Figure	135
Philosophical, Conceptual, and Theoretical Underpinnings	136
Concept 1: The Family of Origin's Influence	137
Concept 2: Families as Systems	138
Concept 3: Low Self-Esteem/Self-Worth	138
Concept 4: Resources of the Whole Person	139
Concept 5: The Therapist and His or Her Beliefs	140
Theories and Concepts	140
Dysfunctional Communication	140
Incongruent Communication Messages	143
Metacommunication	144
Double-Bind Message	145

Family Rules and Roles	146
Family Myths and Secrets	146
Goals of Therapy	147
Role of the Therapist	149
Process of Therapy	150
Overview of Satir's Therapeutic Process	150
Stage 1: Making Contact	151
Stage 2: Disturbing the Status Quo	152
Stage 3: Integration of New Skills	153
Tools and Techniques	154
Using Techniques in Context: Knowing Where to Tap	155
Family Sculpture	156
Family Metaphor	157
Family Drama	158
Reframing/Relabeling	158
Humor	158
Touch	158
Communication Stances	160
Family Stress Ballet	160
Simulated Family	160
Ropes as a Therapeutic Tool	160
Anatomy of a Relationship	161
Family Reconstruction	161
Case Illustration	162
SUMMARY	166
NOTES	167
RECOMMENDED READINGS	167
DISCUSSION QUESTIONS	167
REFERENCES	167
Family of Origin Family Therapy	169
Background and Leading Figures	169
Philosophical, Conceptual, and Theoretical Underpinnings	171
Theories and Concepts	173
Triangles	174
Nuclear Family Emotional Process	176
Emotional Distance	177
Marital Conflict	177
Transmission of the Problem to a Child	178
Dysfunction in a Spouse	179
Family Projection Process	179
Multigenerational Transmission Process	180

5.

	Differentiation of Self	181
	Sibling Position	184
	Emotional Cutoff	185
	Emotional Processes in Society	187
	Goals of Therapy	188
	Role of the Therapist	189
	Process of Therapy	190
	The Family Evaluation Interview	192
	Tools and Techniques	193
	The Genogram	194
	Emotional Neutrality/De-triangulation	197
	The Process Question	198
	Relationship Experiments	198
	The "I" Position	199
	Didactic Teaching	199
	Role Playing	200
	Journaling	200
	Letter Writing	200
	Coaching	200
	The Bowenian Conference	201
	Case Illustration	202
	SUMMARY	206
	RECOMMENDED READINGS	208
	DISCUSSION QUESTIONS	208
	REFERENCES	208
6.	Structural Family Therapy	211
	Background and Leading Figures	211
	Philosophical, Conceptual, and Theoretical Underpinnings	213
	Family Structure	215
	Family Subsystems	215
	1. Spousal Subsystem	216
	2. Parental Subsystem	216
	3. Sibling Subsystem	217
	Boundaries	218
	1. Clear Boundaries	218
	2. Diffuse Boundaries	219
	3. Rigid Boundaries	219
	Other Theories and Concepts	220
	Pathology of Boundaries	220
	Pathology of Alliances	221

	Pathology of Triads	221
	Pathology of Hierarchy	221
	Structural Mapping	222
	Goals of Therapy	224
	Role of the Therapist	225
	Process of Therapy	227
	Joining and Accommodating	228
	Structural Diagnosis and Assessing Family Interaction	229
	Challenging the Symptom and Reframing the Presenting Problem	230
	Making Structural Changes	231
	Techniques	232
	Creating Affective Intensity	232
	Crisis Induction	232
	Hierarchies	232
	Maintenance	233
	Making Boundaries	233
	Search for Strengths	233
	Support, Education, and Guidance	233
	Task Assignments	234
	Tracking	234
	Unbalancing	234
	Case Illustration	235
	SUMMARY	240
	RECOMMENDED READINGS	242
	DISCUSSION QUESTIONS	243
	REFERENCES	243
7.	Strategic Family Therapy	245
	Background and Leading Figures	245
	Philosophical, Conceptual, and Theoretical Underpinnings	246
	Concepts	248
	Family Homeostasis	248
	First-Order and Second-Order Changes	249
	Circular Causality	249
	Paradoxical Interventions	250
	Goals of Therapy	251
	Role of the Therapist	252
	Process of Therapy	252
	1. Introduction to the Treatment Setup	252
	2. Inquiry and Definition of the Problem	253
	3. Estimation of the Behavior Maintaining the Problem	253

	4. Setting Goals for Treatment	253
	5. Selecting and Making Behavioral Interventions	254
	6. Termination	254
	Tools and Techniques	254
	Assessment	254
	Stage 1: The Social Stage	254
	Stage 2: The Problem Stage	255
	Stage 3: The Interaction Stage	255
	Stage 4: The Goal-Setting Stage	255
	Directives	255
	Ordeals	256
	Rituals	256
	Positive Connotations	256
	Pretending	257
	Circular Questioning	257
	Case Illustration	258
	SUMMARY	262
	RECOMMENDED READINGS	262
	DISCUSSION QUESTIONS	263
	REFERENCES	263
8.	Solution-Focused Family Therapy	265
	Background and Leading Figures	265
	Background and Leading Figures Philosophical, Conceptual, and Theoretical Underpinnings	265 266
	Philosophical, Conceptual, and Theoretical Underpinnings	266
	Philosophical, Conceptual, and Theoretical Underpinnings Concepts	266 267
	Philosophical, Conceptual, and Theoretical Underpinnings Concepts Clients/Families as Experts	266 267 267
	Philosophical, Conceptual, and Theoretical Underpinnings Concepts Clients/Families as Experts Exceptions	266 267 267 268
	Philosophical, Conceptual, and Theoretical Underpinnings Concepts  Clients/Families as Experts  Exceptions  Dominant Narrative	266 267 267 268 269
	Philosophical, Conceptual, and Theoretical Underpinnings Concepts  Clients/Families as Experts  Exceptions  Dominant Narrative  Language	266 267 267 268 269 269
	Philosophical, Conceptual, and Theoretical Underpinnings Concepts  Clients/Families as Experts  Exceptions  Dominant Narrative  Language Goals of Therapy	266 267 267 268 269 269 270
	Philosophical, Conceptual, and Theoretical Underpinnings Concepts  Clients/Families as Experts  Exceptions  Dominant Narrative  Language Goals of Therapy Role of the Therapist	266 267 267 268 269 269 270 271
	Philosophical, Conceptual, and Theoretical Underpinnings Concepts  Clients/Families as Experts  Exceptions  Dominant Narrative  Language Goals of Therapy Role of the Therapist  Process of Therapy	266 267 267 268 269 269 270 271 271
	Philosophical, Conceptual, and Theoretical Underpinnings Concepts  Clients/Families as Experts  Exceptions  Dominant Narrative  Language Goals of Therapy Role of the Therapist Process of Therapy Tools and Techniques	266 267 267 268 269 269 270 271 271 272
	Philosophical, Conceptual, and Theoretical Underpinnings  Concepts  Clients/Families as Experts  Exceptions  Dominant Narrative  Language  Goals of Therapy  Role of the Therapist  Process of Therapy  Tools and Techniques  Questions	266 267 267 268 269 270 271 271 272 273
	Philosophical, Conceptual, and Theoretical Underpinnings Concepts  Clients/Families as Experts  Exceptions  Dominant Narrative  Language Goals of Therapy Role of the Therapist Process of Therapy Tools and Techniques  Questions  Compliments	266 267 267 268 269 270 271 271 272 273 275
	Philosophical, Conceptual, and Theoretical Underpinnings  Concepts  Clients/Families as Experts  Exceptions  Dominant Narrative  Language  Goals of Therapy  Role of the Therapist  Process of Therapy  Tools and Techniques  Questions  Compliments  Formula First Session Task  Case Illustration	266 267 267 268 269 270 271 271 272 273 275 275 276
	Philosophical, Conceptual, and Theoretical Underpinnings  Concepts  Clients/Families as Experts  Exceptions  Dominant Narrative  Language  Goals of Therapy  Role of the Therapist  Process of Therapy  Tools and Techniques  Questions  Compliments  Formula First Session Task  Case Illustration  SUMMARY  RECOMMENDED READINGS	266 267 267 268 269 269 270 271 271 272 273 275 275 276
	Philosophical, Conceptual, and Theoretical Underpinnings  Concepts  Clients/Families as Experts  Exceptions  Dominant Narrative  Language  Goals of Therapy  Role of the Therapist  Process of Therapy  Tools and Techniques  Questions  Compliments  Formula First Session Task  Case Illustration	266 267 267 268 269 270 271 271 272 273 275 275 276

9.	Cognitive-Behavioral Family Therapy	283
	Background and Leading Figures	283
	Philosophical, Conceptual, and Theoretical Underpinnings	284
	Concepts	285
	Learned Responses	286
	Consequences	286
	Shaping	287
	Schemas	288
	Goals of Therapy	289
	Role of the Therapist	289
	Process of Therapy	291
	Tools and Techniques	292
	Contracts	292
	Coaching	293
	Functional Assessment	294
	Homework	294
	Contingency Management	295
	Contingency Contracting	295
	Premack Principle	295
	Token Economies	296
	Case Illustration	297
	SUMMARY	301
	RECOMMENDED READINGS	301
	DISCUSSION QUESTIONS	301
	REFERENCES	302
10.	Narrative Family Therapy	303
	Background and Leading Figures	303
	Philosophical, Conceptual, and Theoretical Underpinnings	304
	Concepts	306
	Dominant Beliefs	306
	Discourse	307
	Externalization	308
	Problem-Saturated Stories	309
	Deconstruction	310
	Goals of Therapy	311
	Role of the Therapist	312
	Process of Therapy	313
	Tools and Techniques	313
	Externalizing Conversations	314
	Questions	314

	Relative Influence Questions	314
	Strengths Questions	315
	Discourse Questions	315
	Change Questions	315
	Storytelling	316
	Reauthoring	316
	Letters	317
	Cultural Assumptions	317
	Case Illustration	318
	SUMMARY	322
	RECOMMENDED READINGS	323
	DISCUSSION QUESTIONS	323
	REFERENCES	323
Par	t III: Clinical Issues in Family Therapy	
11.	Phases of Family Therapy	327
	Initial Phase Issues	328
	Presession Planning	328
	The Referral Process and Intake Information	328
	The Initial Telephone Call and Setting the First Appointment	329
	Planning for the Initial Interview and Presession Hypotheses	330
	Getting Started: The Initial Interview	331
	Engagement	333
	Therapist's Use of Self	335
	Assessment and Data Gathering	336
	Goal Setting With the Family and Planning for the Intervention	339
	Goal Setting	339
	Planning the Intervention	340
	Formulating the Contract	342
	Middle Phase of Therapy	343
	Implementation of the Intervention	343
	Roles of the Therapist	344
	Ecological Practice and Use of Collaterals	345
	Basic Skills and Techniques	346
	Managing Conflict	349
	Teaching Problem-Solving and Communication Skills	349
	Resistance in Families	350
	Working With Involuntary Families	352
	End Phase Issues	353
	Termination	354
	Planning for Termination	354

	Unplanned Termination	355
	Recognizing Termination	356
	The Therapist's Reaction to Termination	357
	Relapse Prevention and the Follow-up Plan	357
	SUMMARY	358
	NOTE	358
	RECOMMENDED READINGS	358
	DISCUSSION QUESTIONS	359
	REFERENCES	359
12.	Families in Transition: Alternative Family Patterns	361
	Forming the Family: The Couple System	364
	Selecting a Partner	364
	Characteristics of Successful Couple Relationships	367
	Detecting Relationships in Trouble	368
	Couples Who Divorce	370
	Divorce as a Process	371
	The Emotional Divorce	372
	The Legal Divorce	373
	The Economic Divorce	374
	The Coparent Divorce	375
	The Community Divorce	376
	The Psychic Divorce	377
	The Religious or Spiritual Divorce	377
	Therapeutic Concerns in Divorce	378
	The Predivorce Decision-Making Phase	378
	The Restructuring Phase	379
	The Postdivorce Recovery Stage	380
	The Single-Parent Family	381
	The Challenges for Single Parents	383
	Child Care Responsibilities	384
	Economic Challenges	385
	The Noncustodial Parent	386
	Changes in Boundaries and Roles in Single-Parent Families	386
	Clinical Interventions With Single Parents	388
	Restructuring the Family	390
	Becoming a Stepfamily	390
	Variety of Stepfamily Configurations	391
	Impact of Past Experiences	392
	Family Structure	393
	Parenting Concerns	394
	Counseling Issues With Stepfamilies	395

	Cohabitation	397
	Gay and Lesbian Families	400
	Counseling Issues For Gay and Lesbian Families	402
	Families With Gay and Lesbian Children	403
	Integrative Family Therapy	403
	SUMMARY	405
	RECOMMENDED READINGS	406
	DISCUSSION QUESTIONS	407
	REFERENCES	407
13.	Family Stress, Crisis, and Trauma: Building Family Resilience	413
	Understanding Stress	417
	Individual Strategies to Decrease Stress and Burnout	418
	Family Stress Adaptation Theories	418
	ABC-X Model of Family Stress	419
	The Double ABC-X Model	424
	Mundane Extreme Environmental Stress Model	425
	From Family Stress to Family Crisis	426
	The "Face" of Trauma	427
	Trauma-Informed Clinical Interventions	430
	The Impact of Trauma on Relationships and Family Life	431
	The Impact of Trauma on the Family	433
	Complex Trauma and the Family	434
	Intrafamily Trauma: Family Violence and Alcoholism	437
	Family Violence	438
	Domestic Violence	439
	Clinical Issues in Treating Family Violence	441
	Alcoholism, Substance Abuse, and Family Trauma	444
	Treatment Issues	446
	Family Adaptation and Resilience	447
	Interventions Supporting Resiliency	449
	SUMMARY	454
	RECOMMENDED READINGS	454
	DISCUSSION QUESTIONS	455
	REFERENCES	455
14.	Family Therapy Research: Implications	
	for the Practicing Family Therapist	461
	Overview/History of Family Therapy Research	461
	Issues in Family Therapy Research	463
	Conceptual Issues	463

Methodological Issues	464
Ethical Issues	465
Recruitment of Research Participants and Protection From Harm	465
Informed Consent	466
Confidentiality and Mandated Reporting	467
Families From Diverse Ethnic/Cultural Communities	467
Family Therapy Process Research	468
Family Therapy Outcome Research	470
Family Therapy Assessment Tools for Research	472
Evidence-Based Practice and Family Therapy	473
SUMMARY	475
RECOMMENDED READINGS	475
DISCUSSION QUESTIONS	476
REFERENCES	476
AAMFT Code of Ethics	479
Index	493
About the Authors	509