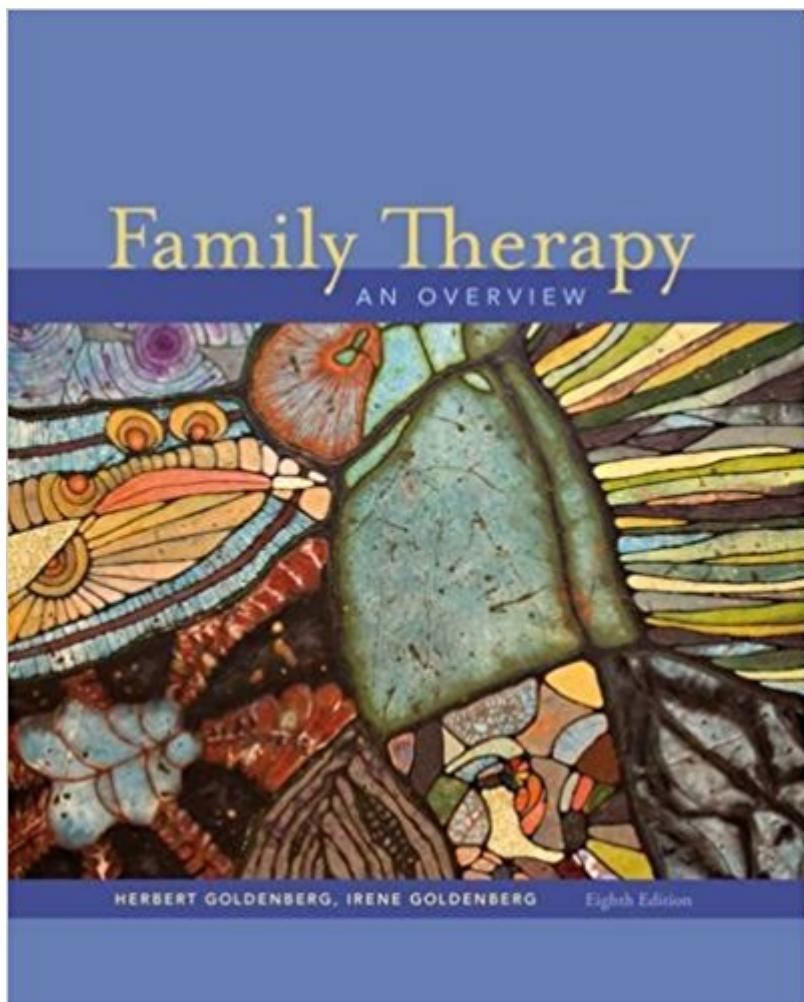


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# Family Therapy: An Overview



## **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**

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.

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.

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.

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

This book is a rough text to read. It has the necessary information and then a ton more words. I will be suggesting a new text to my professor.

This book is dry, boring, and slightly disorganized. They could have definitely organized the material better within the chapters. I also really feel that if this material was presented in a more interesting manner people would learn more from it, but instead it's a difficult read. A suggestion for future editions of this book, please have additional material online (that can be accessed through a code that comes with the textbook) such as practice quizzes and videos of mock sessions utilizing these models. It would be a great deal of help in learning this material and observing how it is applied in sessions.

Good information, but it had a lot of repetition. I felt the chapters were extremely long on my kindle and you can't find the page number on the digital copy.

It's a textbook, but it is readable without being so boring it puts you to sleep. It has great case studies.

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