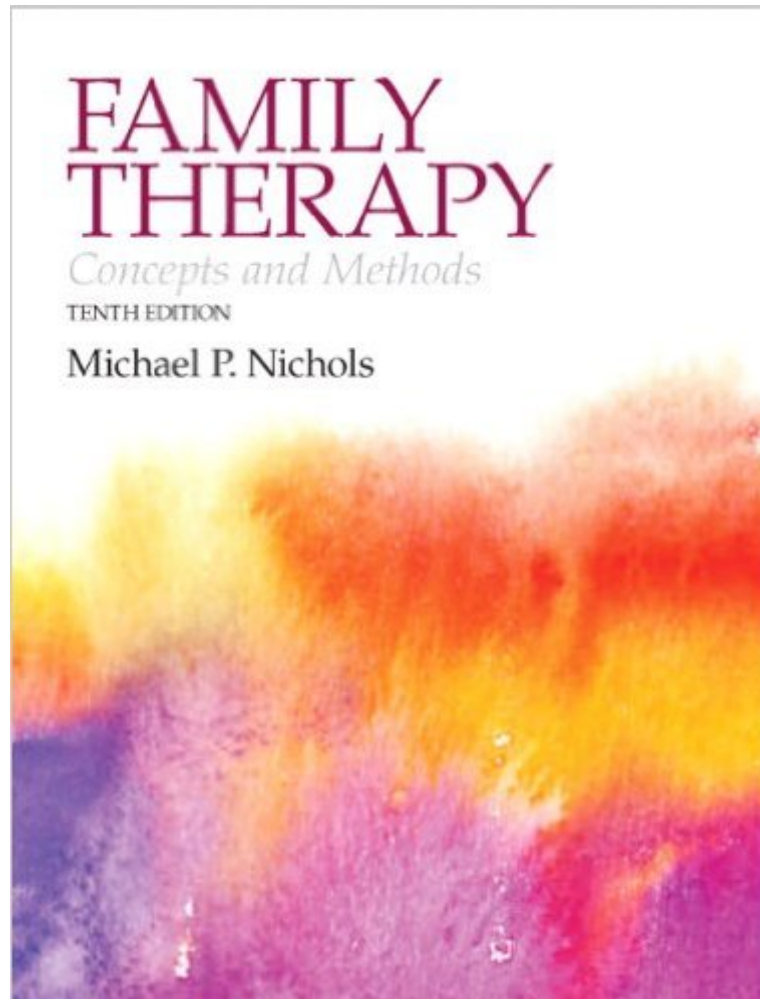


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# Family Therapy: Concepts And Methods (10th Edition)



## Synopsis

Mike Nichols's engaging yet thorough guide has long been the standard in family therapy. The author describes and analyzes the field of family therapy, covering its history, schools, and developments. Numerous cases help readers apply theories to real situations and make the text even more engaging. Upon completing this book, readers will be able to:

- Describe clinical approaches
- Understand old and new developments in the field of family therapy
- Analyze successes and failures in research and the impact on current clinical practices
- Compare different schools of family therapy and explain the contemporary status of distinct schools of therapy

## Book Information

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## Customer Reviews

As an instructor in Family Systems, I feel that Nichols & Schwartz have put together a very comprehensive overview of Family Therapy. Although at times it is somewhat tedious, the historical approach taken in this book allows a student or scholar the opportunity to piece together the different ways that family therapy is seen. I feel that the section on Cognitive-Behavioral Family Therapy did demonstrate a certain level of author bias, but this is understandable, given the authors' backgrounds. Finally, there does seem to be some misunderstanding of individual approaches and a need for more multicultural issues to be included. Overall, this is a strong text to introduce a student to the field of Family Therapy.

I have tried several books on family therapy as texts for my graduate course on Family and Couple

therapy. This book is superior to other books that I have tried. The authors explain theoretical positions clearly and most importantly organize this vast area of social science into a well-organized discussion that is interesting and easy to follow. It is a serious text rather than convoluted and I'm thankful a text such as this for my students. Dr. Deborah Khoshaba

This textbook is pretty small, at a huge price. The pages are so thin I can literally read the backside and front of the next page through the paper. The quality of the printing is also terrible. The printing is newspaper quality and the grayscale and show-through makes the whole book look like it was faxed or photocopied in b&w. It's very tiring on the eyes to read.

From Bowenian, Strategic, Structural, to Narrative theories of systems, this book does an excellent job in organizing and presenting the content in a clear, concise manner. The introduction is very thorough and rational. Subsequent chapters provide excellent content in comparing and contrasting each theoretical lens. Clear examples of theory application allow readers to grasp the basic concepts on the approaches. As predicted, Michael Nichols does a great job in presenting the content in both a personal and objective manner. Great for practitioners in systemic conceptualization as well as graduate students learning the trade.

This is a very dense book. There is so much information in every paragraph that your reading speed will take a huge hit. Plan to take a couple hours to get through a single chapter. The first few chapters on Cybernetics and Systems Theory are interesting and clearly explained. I found myself wishing this book was in color, with graphics and charts to help compare/contrast the dense information. The criticisms of weird organization and difficult to compare theories are valid. The author tends to slide information in here and there and it's easy to get confused as to what information pertains to what theory, especially in the chapter that covers Strategic Therapy, which has 3 distinct sub-models. I hope the author reads these reviews and includes comparison charts in future editions. If every chapter had a detailed layout that clearly delineated important theory breakdowns such as Basic Assumptions of Theory, Problem Formation, Therapist Stance, Interventions, Definition of Health, Goals of Therapy, Natural Progression, etc., the book would have been far more helpful. As grad students, we were tasked with creating our own spreadsheets of such information, comparing and contrasting the various modalities. The variations in our output were disappointing and was the result of the often confusing layout of the text. The information is there, however. The book is breathtaking in scope and will reward the slow, detailed reader with a firm

understanding of the basic models of therapy. If the book was clearly organized to facilitate comparison and contrasting of models, it would have easily earned 5 stars.

Great intro to family therapy modalities. The book does not get too in depth with any theory, it is an intro book (and a great one!). Recommend for people who are not very experienced with family therapy, or those who want to know more about different modalities. They give a lot of good examples (maybe too simplified in some cases, but overall useful), and the book was structured well. It was an easy, and very quick read and allowed me to explore different theories and modalities to find what works best for me.

I rented this book for my master's program class since was much cheaper than elsewhere. It's an easy to read text, with a good index and glossary. The chapters are easily broken down, though they are longer (30+pgs). It has great information, came fast, and did what needed to do to get an A in the course!

I purchased this book with the MySeachLab access card package. lists this package as the "paperback" version, but it is actually just the hardcover version but with the added access card to view the online features. It was only \$8 more and I feel that it was worth the extra cost. The online website allows you to view the entire book online, view videos and additional readings, print out flashcards, and have access to additional tests. A great resource for the serious student. I was a bit surprised at how small the book was when it arrived, though. It is shorter and thinner than a typical textbook. I am pleased with my purchase overall.

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