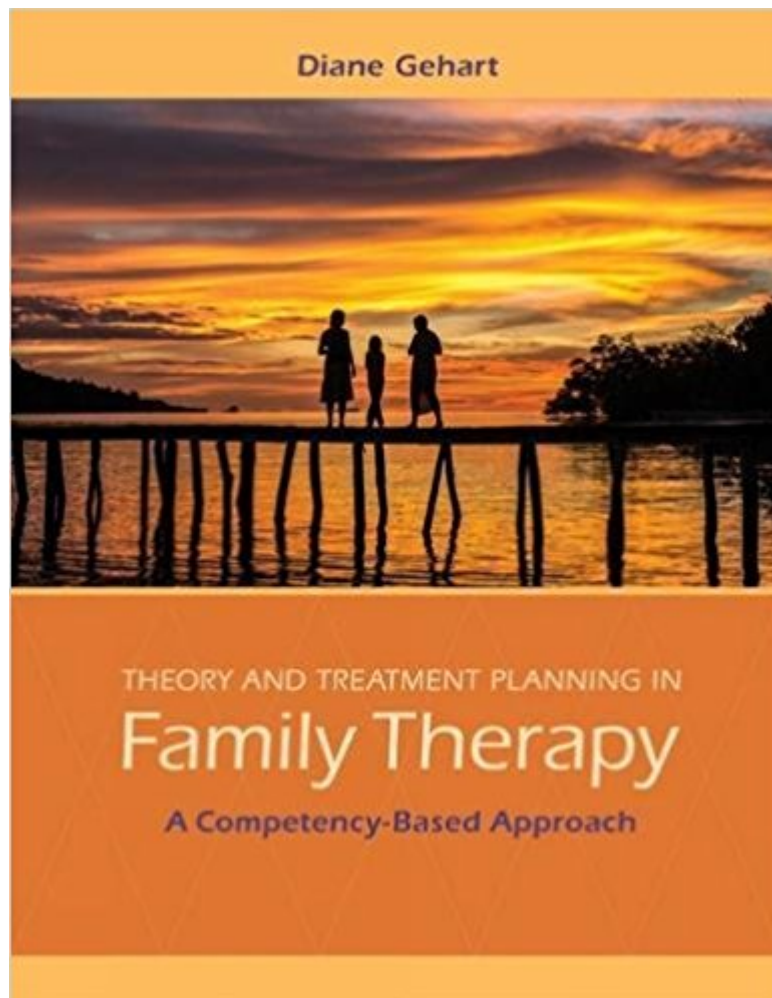




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# Theory And Treatment Planning In Family Therapy: A Competency-Based Approach



## Synopsis

THEORY AND TREATMENT PLANNING IN FAMILY THERAPY: A COMPETENCY-BASED APPROACH prepares readers for the realities of practicing therapy. This book's outcomes-based approach engages readers in an active learning process, introducing family therapy theories using theory-specific case conceptualization and treatment planning. These assignments empower readers to apply theoretical concepts and develop real-world skills as early as possible in their training. The author uses a down-to-earth style to explain concepts in clear and practical language. She also includes extensive discussions about how diversity issues and research inform contemporary practice of family therapy.

## Book Information

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## Customer Reviews

"I have used the Nichols book for over 20 years in teaching graduate and undergraduate family therapy. This book is far superior to Nichols' book, which has been considered the standard in the field. The author has the rare gift of being able to translate many complex family therapy concepts into conversational, jargon-free descriptions which students can readily grasp. The author also links family therapy to individual therapy models, which is consistent with the integrative approach that characterizes contemporary family therapy. The attention to individual models also, I believe, assists students (particularly students with traditional social science backgrounds) with understanding family therapy concepts which are likely to be somewhat unique and distinctive. Each chapter includes attention to research and the author is not afraid to go outside of the family therapy field and include related concepts that have research support. Finally, the author is a true scholar of

family therapy. Her descriptions include attention to the historical context in which many of these models were developed and their strengths and limitations, repeatedly showing that she understands many concepts which are relatively subtle, yet important, and missed by many textbooks and instructors. For example, the author's description of the concept of differentiation as including the ability to be present when a family member is experiencing intense negative emotion and not identifying with that is an example of the depth of the author's scholarship." "This text will provide your students with a view of family therapy as an Art and a Science. This text examines the history of family therapy, its unique and global processes, and the specific theoretical approaches to working therapeutically with couples and families. A must read for graduate students and professionals engaged in the family therapy arena."

Dr. Diane R. Gehart is a Professor in the Marriage, Family, and Therapy and Counseling Programs at California State University, Northridge. She has authored numerous books, including CASE DOCUMENTATION IN COUNSELING AND PSYCHOTHERAPY, THEORY AND TREATMENT PLANNING IN COUNSELING AND PSYCHOTHERAPY, MINDFULNESS AND ACCEPTANCE IN COUPLE AND FAMILY THERAPY, and MASTERING COMPETENCIES IN FAMILY THERAPY. She also co-edited COLLABORATIVE THERAPY: RELATIONSHIPS AND CONVERSATIONS THAT MAKE A DIFFERENCE, and has developed two systems for assessing student learning: THE COMPLETE MFT CORE COMPETENCY ASSESSMENT SYSTEM and THE COMPLETE COUNSELING ASSESSMENT SYSTEM. Dr. Gehart's areas of specialty include mindfulness, mental health recovery, postmodern and systemic therapies, sexual abuse treatment, gender issues, children and adolescents, client advocacy, qualitative research, and education in family therapy. She speaks internationally, having conducted workshops to professional and general audiences in the United States, Canada, Europe, and Mexico. Her work has been featured in newspapers, radio shows, and television worldwide. She is an associate faculty member at three international post-graduate training institutes: The Taos Institute, Houston Galveston Institute, and The Marburg Institute for Collaborative Studies in Germany. Additionally, she is an active leader in state and national professional organizations. She maintains a private practice in Agoura Hills, California, specializing in couples, families, trauma, life transitions, and difficult-to-treat cases.

This book is amazing! I will not ruin it for anyone, but it is VERY helpful if you are training or getting ready for your license. The author, Diane Gehart, keeps you awake with her sense of humor, and she makes learning memorable.

I used this textbook in a Master Degree program. The book was very easy to comprehend (which is sometimes rare at the Master's level). The text was aligned in great organized manner and the index was very helpful. Great book for class!

good book. breaks down models pretty well.

Very well written book outlining many family therapy theories and technique styles. The format is very easily digestible; I didn't find myself reading the same paragraph multiple times like I do with other books.

Great and shipped fast

Must read for all future marriage and family therapist or for family counseling therapists!

Good book for grad school

Great resource.

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