Now in its second edition, Family Therapy: Concepts, Process and Practice has been fully updated to cover recent advances in theory and practice. Family Therapy offers a critical evaluation of the major schools of family therapy, provides an integrative model for the practice of marital and family therapy, and demonstrates how this model can be used in everyday practice with a range of common child-focused and adult-focused problems. It also provides a thorough, up-to-date review of research on the effectiveness of family therapy and outlines implications for evidence-based practice.

This popular text now includes exercises that can be used by trainers and trainees to foster family therapy skills development. Other key features from the first edition are retained, including:

- Chapter plans at the start of each chapter and a helpful summary of key points at the end
- Suggestions for further reading
- Glossary of key terms in theoretical chapters
- Case examples

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