



# Multigenerational Family Therapy (Haworth Marriage & the Family)

*David S Freeman*

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## **Multigenerational Family Therapy (Haworth Marriage & the Family) David S Freeman**

Multigenerational Family Therapy is a book about honoring and helping families. Rich with personal reflections and anecdotes from the author's many years as a family therapist, this volume's major strength lies in its precise definition of the process and content of the therapy itself. As the family is the major resource system available to an individual, this important book provides therapists with the keys for helping family members help each other and provides a framework for understanding how the family, as a multigenerational system, moves through various stages of the therapeutic process. By emphasizing the importance of family members utilizing the past as a positive force for change and featuring complete transcripts of family therapy sessions, this sensitive book clearly illustrates how therapists can use the positive forces of family for dealing with today's uncertainties and dilemmas. The step-by-step approach details how family therapists can work with families in a positive, healing manner. Several chapters illustrate the transition from the beginning to middle phases of family therapy to the terminating phase and provide a framework for how therapy evolves over time. Other chapters discuss the special skills required to work with various family constellations, such as couples, parents with children, siblings, adult children with aged parents, and individuals as well as extended family members. Helpful advice on how to deal with special issues and dilemmas of family therapy such as secret-keeping, affairs, co-therapy, crises and emergencies is also included in this comprehensive book. Beginning and advanced family therapy practitioners, students of family theory and therapy, faculty of social work practice, clinical psychology, nursing, family life education, and counseling psychology will find many positive ideas for working with families in this detailed book.



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